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A BOOK OF SIMPLES

The [illegible] Water.

Take [illegible] Rosemary [illegible] Sage [illegible] Marjoram [illegible] Mint [illegible] Balm [illegible] Burnet [illegible] Angelica [illegible] Fennel [illegible] Rue [illegible] Bay leaves [illegible] Wormwood [illegible] Rosemary flowers [illegible] Lavender flowers [illegible] Sweet Marjoram [illegible] Orange flowers [illegible] Cowslips [illegible] Elder flowers [illegible] Violets [illegible] Sweet Basil [illegible] Tansy [illegible] Camomile [illegible] Mugwort [illegible] Penny royal [illegible] Pellitory of the wall [illegible] Lemon thyme [illegible] Winter savory [illegible] Hyssop [illegible] Sorrel [illegible] Lettuce [illegible] Endive [illegible] Succory [illegible] Purslain [illegible] Scurvy grass [illegible] Water cresses [illegible] Brooklime [illegible] Sage [illegible] Rosemary [illegible] Marjoram [illegible] Thyme [illegible] Savory [illegible] Hyssop [illegible] Balm [illegible] Mint [illegible] Penny royal [illegible] Rue [illegible] Wormwood [illegible] Mugwort [illegible] Camomile [illegible] Tansy [illegible] Fennel [illegible] Angelica [illegible] Lavender [illegible] Bay leaves [illegible] Rosemary flowers [illegible] Orange flowers [illegible] Cowslips [illegible] Elder flowers [illegible] Violets [illegible] Sweet Basil [illegible] Lemon thyme [illegible] Winter savory [illegible] Sweet Marjoram [illegible] Lettuce [illegible] Endive [illegible] Succory [illegible] Purslain [illegible] Scurvy grass [illegible] Water cresses [illegible] Brooklime [illegible] Pellitory of the wall [illegible] Sorrel

A BOOK OF SIMPLES

" Delirious perſons here a cure may find,
To ſtem the phrenſy and to calm the mind."

SECOND IMPRESSION

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INTRODUCTION

THE original of this little book was found in the library of a diſtinguiſhed Eſſex antiquary: the document has unfortunately no hiſtory, but from its appearance and comprehenſive character it muſt have been the ſtill-room book of ſome manor houſe or homeſtead of ſtanding.

The manuſcript is a folio compoſed entirely of vellum, bound in green, with a conventional deſign in gold: the binding of this book is a reduced facſimile of the original. The writing is in the hand of ſeveral perſons: the ſpelling and abſence of punctuation are here reproduced in all their original quaintneſs. The book has been ſubmitted to experts, who are of opinion that it covers a period of ſome fifty years, terminating about the middle of the eighteenth century.

The condition of many of the rural diſtricts of England in the eighteenth century and the almoſt impaſſable ſtate of the roads are brought home to us by a writer in "The Gentleman's Magazine" (1757), in the following deſcription: "It took my horſe up to the belly the ſecond ſtep he took on the road, and had I not diſmounted and clambered up ſome buſhes I had been lodged there for a ſeaſon." The iſolation of the country in thoſe days is almoſt incon-

ceivabie; the difficulties of travel were immenſe, and a ſurvival of feudal legiſlation tied the labourer to the ſoil. Thus we may look upon the manor or farmhouſe, with its retainers, as a detached ſocial unit, and, in a ſparſely populated country, almoſt a ſtate in itſelf.

It is not difficult to form a picture of the lady of the houſe: amid her other duties ſhe diſpenſed doles and charity to the poor around her. Through her knowledge of ſimples ſhe was alſo "ſimpler" of all the ills that fleſh is heir to, not only in the caſe of man, but alſo of beaſt. The wiſdom and obſervation of a long proceſſion of forebears are ſummed up in the recipes gathered in this book.

Herbs, too, ſhe knew, and well of each could ſpeak,
That in her garden ſip'd the ſilvery dew;
Where no vain flower diſcloſ'd a gaudy ſtreak;
But herbs for uſe, and phyſic, not a few,
Of grey renown within thoſe borders grew;
The tufted baſil, pun-provoking thyme,
Freſh balm, and mary-gold of cheerful hue;
The lowly gill, that never dares to climb;

* * * * *

And lavender, whoſe ſpikes of azure bloom
Shall be ere-while in arid bundles bound
To lurk amidſt the labours of her loom,
And crown her kerchiefs clean, with mickle rare perfume.

In theſe days, when the good manager is ſcarce, it is perhaps difficult to realize or appreciate that domeſtic œconomy was once practiſed as a ſcience, founded upon the older herbaliſts, houſewives' tales and oral tradition, the whole adminiſtered by rule of thumb. As will be ſeen, the domeſtic pharmacopoeia had not yet emerged from the ſeven-

teenth century. The aſtrological atmoſphere of Culpepper, who warns us that he "who would know the operation of the herbs muſt look up to the ſtars aſtrologically," and the writings of Parkinſon, clearly ſhow the influence of that period. The predominance of the healing properties of herbs is ſtill more apparent in this book; there is not a ſingle remedy or ſimple in which their virtues are not ſet forth.

In my lady's garden, ſet within its red-brick walls, grew Camomile, Baſil, Cardons, Angelica, Sweet Chevril, Tanſy, Saffron, Elecampane, Hyſſop, Thyme, Marjoram, Purſlane, Sage, Roſemary, Rue, Pennyroyal, Borage, Liquorice, Horehound and many other plants. With theſe herbs were cultivated Gillyflower, Panſy, Pinks, Bergamot, Southernwood, Bay, Roſes, Jaſmine, Lavender and divers ſweet-ſcented plants for the making of ſimples, perfumes, and "ſweete waters."

The houſewife, before entering on her duties, muſt have ſerved an apprenticeſhip; doubtleſs it formed the ſerious buſineſs of her life. How many women nowadays follow the example of their anceſtors? The eaſy acceſs of the doctor, the facilities of communication, the quack remedies obtained from the neighbouring chymiſt, have ſuperſeded the old-faſhioned ſimples.

The old herb garden is a wilderneſs, and even the names of its occupants have almoſt paſſed away. Perchance this little book may help us to picture it at its prime, with all its old-world atmoſphere, and haunting memories of much that is ſtill precious. It may alſo bring back the ſweet mingled ſcent of

the herb garden, the "murmuring of innumerable bees," the ſhimmering of the ſun on ſheltered pleaſaunce and well-trimmed hedge of yew, creating an image delightful to recall.

Although many herbals and culinary manuſcripts and books date back to a much earlier period, as may be ſeen in the bibliography, yet they are now ſcarce and difficult to obtain. This particular example is intereſting becauſe of the magic of its herb-lore and the added charm of the making of conſerves and perfumes and the preſerving of viands. Moreover, it has that perſonal touch wanting in ſo many books of a ſimilar nature. One may note the words at the end of ſome of the ſimples, "Probatum," or "Probatum eſt." What a world of meaning and ſatisfaction they imply!

I am indebted to Miſs I. L. Gould and Miſs B. M. Gould for the long labour and perſeverance they have beſtowed in decyphering the faded ſcript, and to Mr. J. Manning Watts for his reſearches into the virtues and properties formerly attributed to theſe herbs, and for his inveſtigation into the proper ſpelling of their names, which appear in the manuſcript according to the light of nature.

It will be obſerved that the items in the Index are not always in ſtrict alphabetical order. This will not, however, ſeriouſly interfere with reference to any recipe, and it has therefore been thought better to retain them as originally compiled.

H. W. Lewer.

11*th Auguſt*, 1908.

A BOOK OF SIMPLES

1. *The Wood-ſtreet Cake.*

TAKE a quarter of a peck of y^e^ fineſt flower, mingle into it a little ſalt & ſome beaten Cloves Mace & Nutmegs, a pound and halfe of Currance waſh'd and dry'd, & a pound of Raiſins of y^e^ Sun ſton'd and ſhred, then ſtraine in about a pinte of Ale yeaſt, and put in y^e^ yolkes of 10 eggs beaten with Roſe water, put in a pint of Cream with 3 quarters of a pound of Butter melted in it. mingle all theſe well together, and knead it, cover it with a clothe and let it ſtand about an hour before y^e^ fire to riſe, then mould it up and beat it out thinn in y^e^ edges and thick in y^e^ middle, then prick it or cut it w^th^ a knife, and ſet it in y^e^ oven, when it is almoſt bak'd take it out and ice it on y^e^ top w^th^ Roſe water & ſugar and ſett it in y^e^ oven againe 'till 'tis enough, putt ſome muſk or Ambergreeſe diſſolv'd in y^e^ Roſe water.

2. *Pectorals for a Colde or Conſumption.*

TAKE one pound of brown Sugar Candy, one Ounce of Juice of Lycoriſſe, diſſolve y^e^ lycoriſſe in 3 ſpoonfulls of Hyſop water, put to theſe a drachm of Orrice a drachm of Enul-campane, halfe a drachm of Gum dragon being all made into fine powder, muſke a graine then take a drachm of oyle of Anniſeeds, worke it well together with your hand and make it up into pectorals of what bigneſs you pleaſe, lay them on a diſh to dry before y^e^ fire or in an oven after drawn bread, and keep them dry.

3. *The Plague Water.*

TAKE Rue, Agrimony, Celandine, Sage, Wormewood, Balme, Feaverfue, Mugwort, Tormentil, Marygold flowers, Cowſlip flowers, Panſie flowers leaves and all, Carduus, Angelicoe, Dragons, Pimpernel, Roſemary, Scordium, Purple wort, Burnet, Enul campane roots, of each of theſe halfe a pound ſhred ſmall, then take Anniſeeds, Carraway, Coriander, Cardamome, of each of theſe two ounces bruiſ'd, bruiſe alſoe your Enul campane roots, then ſteep all theſe in an earthen pott in two quarts of white wine and a gallon of y^e^ beſt Canary, mixing them well in y^e^ liquor, ſo let it ſtand till y^e^ next day, then diſtill it in an ordinary ſtill cloſe ſtop'd, ſtill it as ſoon as you can keeping it cloſe ſtop'd whilſt it ſteeps and whilſt you ſtill it, ſtirring it when you put it into y^e^ ſtill, ſoe keep it for your uſe.

Y^e^ Lady Downs adds wood Sorril a good quantity roots of Indian Sneake weed 2 pound burdock roots 1 lb.

4. *A very excellent Receipt againſt Convulſions which cur'd one had 9 Fitts a Day.*

TAKE Race onyons and black pepper of each a little quantity ſtamp'd pretty ſmall and lay it to y^e^ ſoals of y^e^ feet keep it on 7 houres, whilſt y^e^ party is in y^e^ fitt force them not to take any thing inwardly but anoynt y^e^ wriſts on y^e^ inſide, y^e^ palmes of y^e^ hands, y^e^ Temples and y^e^ noſtrills (if it be a childe) with Methridate (if not) with oyle or ſpirit of Amber, between y^e^ fitts let it drinke black cherrey water ſweetned with ſyrrop of Cloves & ſyrrop of Pyonies for a weeks time after y^e^ fitts firſt and laſt let them ware a necklace of ſingle pyonie roots alwayes about theire neck, avoid giving ſyrrop of Violets if you fear fitts, but ſyrrop of Roſes and Succory is good to

be given together when coſtive this may be given to children of any age.

5. *To make Ebulum Drinke.*

PUT one peck of Elder berries to the quantity of halfe a hogſhead of Ale 2 penny worth of Ginger ſliced 2 nutmegs and a penny worth of Cloves & mace bruiſe all your Spices boyle all together with the berrys till they breake, then ſtrain them through a Straining Sive and when tis coole as your uſuall wort put barm to it as to beer, there muſt ſome hops be boyl'd in it. And when fitt to bottle, bottle it with a lumpe of loave Sugar it will drink much y^{e} more Lively. it is good for y^{e} Spleen or Dropſy.

6. *To make Vinegar.*

TAKE Sower grapes pound them and preſs them through a hair bag as you do Sider. & to every 4 Gallons put as much Allom as a walnut then boyle it well and Scumme it as the Scumme riſeth as clean as poſſible then Coole it and when through coole put it into a veſſel and when Stale uſe of it and it will be very good vinegar.

7. *To make Gooſbery or Currant Wine.*

TAKE 2 Gallons of Spring water Set it over the fire boyle it a little then put 4 pound of powder Sugar let it boyle and Scume it well take it off and Strain it and when it is as coole as wort put 2 ſpoon-fulls of barm to it let it worke a little then to every gallon of water put 5 quarts of Gooſberys or currants firſt hand pick't and bruiſed put it in a little barrell & ſtir it once a day & keep it cloſe Stopt let it ſtand 3 or 4 days and when you once begin to See it Sink Strain it through a jelly bag and put it in the Caſk being waiſhed out with the Same liquor Stop it up

very cloſe & when you think it may be fine draw it off into bottles.

8. *To make Methegline.*

TAKE 12 quarts of honey to 12 gallons and a pottle of water and a fagott of theſe following herbs Sweet bryer Sweet marjerrom, roſemary and muſkecouiſe of each a ſmall handfull and boyle them in the water and honey all the time it boyles and that muſt be a full hour, keep ſcumming of it clean, then take a bag of theſe following Spices nutmegs, Cloves mace and cinament, a quarter of an ounce of each but moſt of nutmegs tie them up in a bag with a bullet in it that may cauſe it to Sink into the middle of your liquor as it boyles, and let it boyle above a quarter of an hour, then take it off and take out the herbs and Spices and Set Some a cooling, and when as coole as wort put in about half a pint of Ale barm, and when coole enough and that it hath got a good head tun it up as you do Ale, or other liquors, and when it hath done workeing hang in again the Same bag of Spices you took out into your barrell Stope it up till it be clear and then bottle it up.

9. *A Plaiſter for ye Spleen to be made in May.*

TAKE mellilot and cammomile of each 3 handfulls, paſſley and plantin of each one handfull, and ſtamp them together, a pound of Sweet mutton Sewet, 12 ounces of virgins wax, 3 pound of rozin, a pint of white wine, Shred the wax and Sewet and beat the rozin put all together in an earthen pot and let it ſtand over the fire till it be all melt'd together, and then take it off and cover it cloſe let it ſtand 1 day in cellar then Sett it over the fire and let it boyle halfe an hour, then take it off and ſtrain it into 2 diſhes puting ſome water into the bottom of the diſhes, and when tis cold you muſt fold it up cloſe in oyl'd

paper it will keep four or five years. you muſt uſe this when you feel the pain on the left Side, and cut a piece of Sheepſkin the breadth of your hand or more and about a quarter of a yard long and make it hollow in ye middle of the uper Side as the Spleen lyes and prick it full of holes on the fleſhy ſide of y^e^ leather, Spread it thin and Lay it to your left Side where you feel your pain and when it will ſtick no longer you may make a freſh one if need require this uſe allways when you feel your pain & you Shall never be troubled with the Spleen & it will prevent many other diſeaſes that may come by reaſon of y^e^ Spleen.

10. *To make Aquamirabilis the Lady Atkinſes way.*

TAKE Cardimum, cubibs, mellilot flowers, gallingall nutmegs; ginger mace and Cloves of each a dram all theſe muſt be bruiſed and infuſed one night in 3 pints of white wine one pint of aquavite one pint of the juice of ſalendine the next day diſtil them in a cloſe Still twill run a pottle keep the firſt quart by it Selfe you muſt put to the whole three quarters of a pound of white Sugar candy beaten very finely. Divide it between 2 glaſſes and let the mirabilis drop into the Sugar candy and it will diſſolve when you put all theſe things into your cloſe Still put in a little bag of Saffron put to y^e^ infuſion a handfull of y^e^ tops of roſemary flowers w^ch^ will give it a delicate taſte.

11. *To make Small Wine otherwiſe called Solerion. You may do Raſberry this way.*

TAKE 2 gallons of Spring water ſet it over the fire and let it boyle well, take a pound of reaſons of the Sun Slit them open but not Stone them and take a pound of white Sugar and when the water is boyl'd put the Sugar & reaſons to it, either in a Steene or Caſke put y^e^ juice of 3 lemons and the rine of one

thin pared Stiring it once a day keeping it cloſe Stopped let it Stand 3 nights and 2 days. let it run through a jelly bag. bottle it up and in 8 or 9 days 'twill be fit to drink.

12. *To make Wigs.*

TAKE half a peck of flower, 2 ounces of carraway and anyſeeds then take a pint of yeſt the yolkes of 3 eggs a little Salt one nutmeg half a pound of Sugar beat the Sugar and nutmegs bruiſe the Seeds take a quart of milk Scaulding hot but not to boyle then put into your milk half a pound of butter, & break another half pound of butter into the flower if you pleaſe put in 6 or 7 ſpoonfulls of Sack and as much roſewater wth your other things then put in your milk by degrees mix it together well but knead it not at all then pull it in little bitts 2 or 3 times then mix it up again and mak them up in wigs lying will make them heavy. half an hour will bake them.

13. *For the Giddineſs in the Head.*

TAKE an ounce of comming Seed and Steep it in white wine all night as much wine as will cover it and then you muſt dry it in an oven after the bread is drawn and dry with it an ounce of Juniper berrys & a handfull of rue then you muſt beat all theſe together to a fine powder and when you uſe it take as much of the powder as will lay on a Sixpence in a Spoonfull of honey well mixed together or in a Spoonfull of Sugar and take it dry.

14. *How to Stue a Rump of Beef.*

TAKE the rump of beef and Stuff him with parſley and broad time & about half a nutmeg with a little beef Sewet then put him in your pan with as much water as will cover him & ſo lett him ſtew with whole pepper, Cloves and mace of each a little quantity till he is tender then you muſt take him out

& ſtick him wth cloves then ſtew him again with 3 pints of the firſt liquor and 2 quarts of claret, then you muſt Scrape in 2 nutmegs 4 anchoviſe the bottoms of 4 hartichokes a little ſhellot half a lemon a few pickled oyſters, half a ſcore of turnips cut in half quarters & fry them in Sweet butter till they be tender then put in ſome Saſages: for herbs lettice and ſpinnage and green beets of each half a handfull boyle them in a Skillet of water ſo drop them out & put them in the ſtewing; if your Soope be not thick enough then thicken it wth crums of brown bread.

15. *To make Almond Cakes.*

TAKE one pound of Almonds blancht in cold water beat them in Roſe water take a pound of double refined Sugar beaten and Searcht, 8 ſpoonsfull of fine flower 8 new laid eggs both whites and yolkes Some Corriander Seed prepared, butter your plats and Shake ſome double refined Sugar on them.

16. *To make Biſkit.*

TAKE 2 pound of fine Sugar beaten and ſearched then to a pound and a half of it put a pound of the fineſt wheat flower, take 8 eggs and beat them with 2 ſpoonfulls of Roſe water, mingle your flower and eggs together, then take an ounce of anyſeeds being a quarter of an hour in white wine and as you beat your biſkit put in your Seeds and when the biſkit begins to look white put In your plats & Shake Some double refined Sugar on them.

17. *To Bake a Rump of Beef.*

TAKE a rump of beef and bone it Seaſon it with pepper and ſalt put it into a pan and then put to it a little quantity of claret & ale enough to cover it about 8 anchovies 2 handfulls of capers 6 hole oynions, 3 or 4 branches of Sage, time and winter

Savory, 3 or 4 heads of Shollot a little quantity of Iamakoe pepper whole, lay the bones on the top of the beef and cover it cloſe with paſte and lett it Stand in the oven ſix hours the oven being very hot.

18. *The Black Seare Cloth.*

TAKE half a pound of the beſt virgins wax and half a pint of oyle of roſes and half a pint of oyle of olive melt them altogether let them coole in a pan till it be half cold then take half a pound of the fineſt white lead you can get, pound it as fine as poſſibly you can put this into the oyle and put it over a fire of coles and let it boyle half an hour then take 2 ounces of maſtick 2 ounces of frankincenſe 2 ounces of mirrh 2 ounces of Gum oblibanum beat them into fine powder then put it in and let it boyle half an hour more, then take a quarter of an ounce of camphir and put it in and Stir it till it be black then take it from the fire and dipe your cloth or make it up in roles for your uſe.

19. *To make Lemon or Orange Water.*

TAKE the peels of 8 lemons or oranges and pare of the white very clean from them then put them into a quart of brandy, then take one pound of double refined Sugar or other loafe Sugar and put it into a quart of water and let it ſtand 24 hours then mix the water and brandy together and ſtrain them through a double flanin bag ſo bottle it up for uſe. Some ſteep y^{e} peel 3 days before and after y^{e} water is added ſweeten it with white Sugar Candy & hang a grain of muſk & ambergreeſe in the glaſs.

20. *Cowſlip Wine aproved.*

TAKE 3 gallons of fair water put to it the beſt of powder Sugar or Loaf Sugar 6 pound boyle it together half an hour or better, and as the Scumme

riſeth take it off then pour it forth and ſet it a cooleing and when 'tis almoſt cold take a ſpoonfull or better of good barm beat it well together with 12 ſpoonſulls of Sirrup of cittorn or lemons then put it ſome of the liquor being almoſt cold let it ſtand a while to riſe put in a Gallon of cowſlip flowers bruiſed in a marble morter into the other liquor the while then put it altogether brewing it up and down with a diſh then let it ſtand in an earthen pot cloſe covered with a cloth, to worke 2 or 3 days then ſtrain it forth and put it into a runlet that will juſt hold it and when it worketh not over Stop it cloſe and 3 or 4 weeks after bottle it putting into each bottle a knob of Loaf Sugar it muſt not be dranke in a month twill keep good a year.

21. *For the Worms.*

TAKE an orange cut off the top preſs out the juice as near as you can then put into it half a ſpoonfull of oyle of bays of the juice of rue and wormwood of each half a ſpoonfull powder of 4 or 5 lupins dry'd with as much treacle as will fill an ordinary thimble then ſtop the hole with the piece you cut off tye it up cloſe and faſt that nothing get out or in, then Seeth it well and when it is cold anoynt the navell, noſtrells, pulſes and temples of the party therewith troubled with the Stuff it paſeth all other medecins for y^{e} worms what ever.

22. *For a Cold.*

TAKE a quarter of a pint of horehound water a quarter of a pint of coltsfoot water a pound of reaſons of the Sun Stoned pound the reaſons very well then mingle theſe together then ſet them on the fire boyle them like marmolet then take it off and put it into 2 ounces of honey and one ſpoonfull muſtard then ſet it on the fire & let it ſimer a while then

put it into a pot and take as much as y^e^ quantity of a walnut firſt in ye morning & laſt at night.

23. *To make Fruit Biſkit.*

TAKE the pulp of any fruit to 4 ounces of pulp take 6 ounces of double refined Sugar beaten and ſearched heat your pulp ſcalding hot and Sugar ſcalding hot into 2 ſeveral diſhes when they are ſcalding hot pour your Sugar into your pulp and mix them and have ready whites of eggs beat into a froth and to ſuch a proportion of pulp and ſugar put in 2 ſpoonfulls of the froth a little muſk and amber if you pleaſe then beat theſe in a ſilver or earthen baſon with a Spoon for an hour or two the longer the better dry them in paper coffins of a pretty thickneſs; dry them either in a ſtove or coole oven.

24. *For Mother Fitts.*

TAKE a pottle of ale and boyle in it 2 handfulls of red Sage and Scumme off the froth and when it hath boyled one hour take it off the fire and Strain it hard out that the ſtrength of the Sage may remain in it and while it is hot put into it half a pint of dragon water and as much treacle Seane as will make it ſweet to your taſt, and drink of it warm firſt in the morning and laſt at night a good draught or at any other time you feel a fit coming.

25. *To preſerve Green Aples.*

TAKE the greeneſt ſmall aples about St James tide and ſet on a Skillet of water on ye fire till it be ready to boyle then take it off and put it into your aples covering them cloſe till they will peel and againſt they are peeled have a ſkillet of hot water ready to put them in ſo cover them cloſe and let them Stand on a few embers till they be very green then take them out and take to the weight of the aples the

weight and quarter of ſugar then take of the water they were green'd in as much as you think will boyle them and make Sirrup for them & 3 quarters of the Sugar and boyle it up and ſcumme it then put in the apples and let them boyle till they be half done then ſet them by till the next day then take them out again & boyle the ſirrup with the reſt of the Sugar then put them in again and boyle it ſoftly till they be done keep them covered in y^e^ ſirrup & waters.

26. *Mrs. Thorps for the Mother Fitts.*

TAKE the juice of Tanſie and drink it with beer it hath done much good but hurtfull if with child.

27. *To make a Calves Head Haſhe.*

AFTER you have boyled the calves head take out all the bones from it when it is cold you muſt cut the meat in thin ſlices and put in a ſtew pan with ſome ſtrong broth and white wine and oyſter liquor and a few of all manner of ſweet herbs 4 or 5 ſhellots and let it ſtew on a charcoale fire and when it is almoſt enough put 2 or 3 anchovies minced and yolks of 3 or 4 eggs well beaten with a little white wine and a piece of butter and ſhake it well together on a quick and put it in a diſh on ſippets and lay over it 5 or 6 ſheeps tongues boyled peel'd and ſlit in halfs and as many veal ſweetbreads & a few thin ſlices of bacon & a few bay leaves in yolks of eggs fry y^e^ brown in butter and lay them on your haſhe & bacon & lay leavs on the brim of ye Diſh and Garniſh it with ſlices of Lemon and Send it up.

28. *To make Forced Meat.*

TAKE a leg of veal or Lamb and mince it ſmall with the ſame quantity of beef ſewit and after ſweet herbs then put to it a little grat'd bread and the yolks of 2 or 3 eggs then ſeaſon it with pepper

and Salt cloves mace and nutmegs, and make them in balls you may fry boyle or butter them.

29. *For a Cold.*

TAKE half a pound of reaſons of the Sun Stoned and 1 ounce of liquoriſh and 1 ounce of Elicompane made into fine powder beat your reaſons then pour in them till they come to a conſerve adding thereto 2 or 3 ſpoonfulls of Red roſe water if a thick ruehm leſſen your quantity of Elicompane & take of this morning noon & night. Probatum.

30. *To make a Frigacy of Chicken.*

BREAK the bones of the chicken and cut them in quarters and ſeaſon them with cloves mace and nutmegs and ſalt with a little pepper and a few ſweet herbs and put it in a ſtew pan with ſome broth or gravie a little white wine and ſtrong ale a little oyſter liquor and a few oyſters cut in pieces and let it ſtew on a quicke fire and when it is almoſt enough put in 2 or 3 ſhallots minced ſmall and 2 or 3 anchoviſe minced the yolks of 2 or 3 eggs well beaten with a little white wine and a piece of butter and Shake it well together and put it in a diſh on ſippets.

31. *For any Cough old or freſh.*

TAKE a quartor of a pound of blew currans an ounce of Anyſeeds and a penny worth of liquoriſh makeing it and your ſeeds firſt into powder then beat your currans to a kind of a conſerve ſtrewing in your powder as you beat them then take of the beſt maiden honey you can gett putting thereof as much as will moiſten all this ſeting it on the fire let it ſimer a while but not to long leſt it be clammy ſo take from the fire and keep it for your uſe. take it as oft as you pleaſe upon the poynt of a knife the quantity of a nutmeg.

32. *For a Cold.*

TAKE a pint of virgins honey ſet it on the fire and put a good ſpoonfull of liquoriſh anyſeeds elecampane all this being firſt beaten in fine powders, let it ſimer a little then take it from the fire and put it up in a pot for your uſe. eat of it as oft' as you pleaſe eſpecially going to bed makeing up 3 pills as big as a ſmall nut rowling them up in powder of liquoriſh or Sugar candie.

33. *For a Cough.*

TAKE 4 quarts of Spring water 2 ounces of green liquoriſh ſliced 2 ounces of powder of brimſtone 1 ounce of coliander ſeed bruiſed and ſoak'd in vinegar a little then pour out the vinegar from it boyle all the other things together until it be half boyled away then put in the coliander ſeed when it is off y^e^ fire. Soe let it ſtand cloſe covered and drink of it 7 or 8 ſpoonfulls in a morning faſting faſt an hour after it and drink it till you have taken it all.

34. *For a Cough.*

TAKE an ounce of conſerve of red roſes the quantity of an nutmeg of dyaſcordieum and one ſpoonfull of the Sirrup of poppies 3 drops and but 3 drops of y^e^ ſpirit of vitterill then mix all theſe very well together and take of this in the morning faſting and faſt 2 hours after it and laſt at night the quantity of a nutmeg at a time. Probatum.

35. *For the Rickets.*

TAKE 2 quarts of Iſope water, take of liverwort maidenhair Hiſſop Speedwell Strawberry leaves violet leaves of each a handfull, 3 leaves of hartſtongue better than half a pound of raiſons of the Sun 6 figs boyle all this till it come to a quart then ſtrain it and boyle it again with 2 penny worth of ſaffron

2 ounces of brown Sugar Candie a piece of Gold a ſtone of Amber boyle it every 2 or 3 days or 'twill be ſoure and ſo keep it a fortnight give 3 ſpoonfulls at a time morning and evening & when the child will take it you muſt give it twice or thrice ere the child will be well if you give it in the fall or winter you muſt give it once in the ſpring after.

36. *For Children that have Wormes.*

TAKE ſpermint and rue a like quantity to make a bundle you can hold in the hollow of your hand and boyle it in new milk and a ſpoonfull of wormſeed after your herbs have boyled a while put in your ſeeds and y^{n} boyle it a walme or 2 then give the child as much as it will drink firſt in the morning faſting an hour after it if coſtive Sweeten it with honey give this full & changes of y^{e} moon.

37. *A Small but very effectuall Cordial Powder.*

TAKE tormentil ſcabious Bittony pimpernel of each one handfull and Shread them and ſteep them in a pottle of ſack till the vertue be out of the herbs then ſtrain it out from y^{e} herbs haveing a pound of the beſt Bole Armeniack in very fine powder finely ſearched then put your powder into a deep earthen baſon and wet your powder with your ſtrain'd liquor every day till it be throughly moiſtned as thick as a pulp or conſerve till often weting hath dranke up all your liquor Seting it in the Sun every day oft ſtiring it and when all your wine is dryed up make it up into cakes add 12 penny worth of ſaffron to it before you wet it finely powdered dry your cakes in the Sun & then keep them for your uſe. Scrape and give to a man as much as will lye on a ſhilling to a woman leſs to a child leſs. In cardus or dragon or Small cordial water it will cauſe ſweting tis good againſt heats and colds ſickneſs thence or pains in the

limbs or heart or Stomake or for a woman lying in child bed takeing cold and cauſeing ſtoppages, 'twill drive out ſmall pox or meazels or any heavineſs at the heart.

38. *A Stronger Cordial Powder.*

TAKE a pint of white wine and a pint of ſack to theſe following herbs ſcabious cardus bittony egremony of each a little handfull and tormentil roots you may add any cordial flowers roſemary or what you pleaſe Shread your herbs and Steep them till the vertue of the herbs be ſoaked into the wine then take half a pound of Bole-Armeniack in fine powder and 2 ounces and a half and a dram of the black tips of crabs claws in powder and an ounce of hearts horn in fine powder and mingle all your powders and put them into a deep earthen Baſon as the former and moiſten them every day with your liquor ſeting it in the Sun and when you put in the laſt wine liquor often Stiring it every day at laſt add to it half of metriedate half an ounce of Diaſcordium half an ounce of Venice treacle and a dram of ſaffron finely powdered and mingle it all very well together then make it up into little balls throughly drying them Keeping them ſo for your uſe. give of this as the former to a man as much as will lay on a ſhilling to a woman as much as will lay on a Sixpence to a child as much as will lay on a groat, 'tis good for any weakneſs, heavineſs at heart, or to cauſe ſleep weomen in child bed or as the former.

39. *For the Balſame.*

TAKE one pound of the beſt venice turpentine and 3 pints of Sallet oyle of the beſt bees wax half a pound one ounce of red ſanders in very fine powder half a pint of red roſe water and one pint of malligoe ſack firſt beat your turpentine in the red roſe

water till it be white next beat your Sack and Sallet oyle well together then cut your wax in ſmall pieces then take a clean braſs pan or kittle let your kittle be twice as big as to hold the quantity of your ingredients then Set it on a clear charcole fire then firſt put in your wax and let it melt then take it off and let it coole a little then put in your roſe water and turpentine then your ſack and Sallet oyle, as faſt as you can, then let theſe boyle ſoftly together a while always ſtiring it then take it off the fire and let it ſtand till it be cold then ſcrape off the filth from the bottom of the cake, then clean your pan and melt it again and let it ſimmer a while over the fire again, then take it from the fire and put in your Sanders by degrees keeping it ſtill ſtiring untill your Sanders be all in then pour it into a well Glazed ſtrong earthen pot and keep it ſtiring till it be quite cold then cover it up very cloſe with ledd, that no air may get into it, and bury it in a garden deep in the ground and ſo let it ſtand a year round bean blowen time is the beſt to make it in.

The Vertues of it followeth:

IT is good to prevent the plague by anointing the lips and noſtrells therewith tis good for deafneſs being ſpert'd into the ears with a ſerenge, tis good to heal any wound, inward or outward, inwardly by the Serenge outward by being pour'd warme into the wound aplying fine lint dip'd into the ſame balſame being melted laid upon the mouth of the wound, it commonly cures in 7 times dreſſing provided that no other thing either before or while thats uſeing be applied thereto, ſo that if brains, heart guts or liver be not toucht it will ſave life, its good for ſcaulds or burns either by fire or water and healeth without ſkare. helping the Siatica or any other each proceeding from A cold cauſe, in what joynt ſoever, it is a

preſent remedy for one that is poiſoned by takeing preſently the quantity of a quarter of an ounce. it is good for any ſwelling anointing the bunches thereof with it warm it helpeth the ſtinging of adders ſnakes and all ſuch venomous creatures being dranke in warm milk and applied to the place ſtung it is good for the infected of the meaſells or plague, takeing a quarter of an ounce 4 mornings together and ſwet upon it: it is good inward or outward it is good for ſore breſts, being applied hot if broken, otherwiſe not, and in caſe it muſt be broke this will do it but it muſt be uſed ten days together although it ſeem worſe yet uſe it: provided it be not a cancer it muſt be dreſt twice a day cheaft gently in with a warme hand keeping the firſt cloth to it but if it be broke and run much put a little piece of cloth over thoſe holes that may be ſhift'd to keep them from ſtikking but not els; it helpeth the wind collicke or ſtitch in the ſide being applied warm a good quantity plaiſter ways for 4 mornings together; it helpeth the piles anointing them therewith.

40. *To pot Veniſon to keep all the year.*

TAKE your veniſon and where it is lean ſlit it, and then take a bunch of feathers and a porranger with clarret wine in it and dip your feathers in it and waiſh the ſlits then put in ſome of your ſeaſoning and take y^e^ fat of bacon and cut it as thin as a treble paper and put it in the ſlits ſo doing in all leane places of it then place it in your pot and bake it up very well, put in more ſeaſoning if you pleaſe after placed in the pot & when you take it out of the oven preſs out all the liquor as dry as you well can into a ſkillet and put in a faggot of herbs as bays roſemary marjerrom to your liquor in the ſkillet then take a ſtick of wood and meaſure y^e^ depth of it and make a notch in the ſtick that you may know when tis boyled

juſt half away then take out the herbs and pour the liquor on your veniſon in your pot as hot as you can and keep it in and when tis almoſt cold then melt up your butter, to cover it up, but let not your butter be to hot leſt it melt your jelly on your veniſon, but let your butter be onely warm enough to pour out to cover up your veniſon and it will keep thus a year round and not taint but eat moiſt and ſweet to the laſt. but if your butter be ſtrong after long keeping then a day or 2 before you intend to ſpend it Set it in an oven but warm enough to melt off your ſtale butter and pour away your ſtale butter from it and pour on freſh butter upon it and you ſhall not know it from new baked veniſon.

41. *To make Cowſlip Wine.*

TAKE five gallons of Spring water put it into an earthen pot put to it a buſhell of pickt cowſlips flowers and to them 20 pound of malligoe raiſons waiſhed and ſhred ſtir them altogether, keep it cloſe cover'd with a ſheet and blanket, let it ſtand as y^e^ fire may come to it, but not to hot, keep it 9 days often ſtiring it in a day then Strain it through a hair ſive put it in a runlet it will be ready to drink in 14 days.

42. *Another Cowſlip Wine.*

TAKE 6 gallons of water and 12 pound of powder Sugar and the whites of 12 eggs well beaten, mix all theſe together and ſet it over the fire, ſtiring it firſt then let it boyle one quarter of an hour then take a buſhell of cowſlip flowers then bruiſe them in a ſtone morter then ſcumme the liquor and put it to y^e^ cowſlip; cover it and put 2 lemons rine and all cut very thin, put as much of ale barme as will make it worke then tun it up into a runlet and put into it 2 quarts of renniſh wine, and when it hath done worke-

ing ſtop it up a fortnight, y^{n} bottle it with a knob of Sugar in each bottle.

43. *To make the Eye Water.*

TAKE Eyebright and Sallendine and brown fennell of each two handfulls you muſt chop theſe herbs take a pint of urin made by a vergine and a pint of red roſe water and ſtill it in a cold ſtill tis good to put back y^{e} rume in y^{e} eyes or to take away any ſpot in the eye you muſt take and drop half a dozen drops into the eye untill it run out at y^{e} other corner this do every night for 3 nights let it reſt a week and then if need require you may dreſs it again it will keep a year very well.

44. *For the Rickets.*

MAKE a Sack poſſet boyle in it harts horn Ivery and roſemary and give it the child now and then, alſo take a quart of wort put into it a handfull of maiden hair one handfull of liverwort that grows on the banks half a pound of raiſons of the Sun Stoned boyle all together to the waſting of one quarter put into it a penny worth of red Sanders, Strain it and put to it 2 ounces of red ſugar candie boyle it a little again give the child 3 ſpoonsfulls of it at night and 3 ſpoonfulls every morning.

45. *An Ointment for the Rickets.*

TAKE lavender roſemary pennyroyal featherfew and camamile of each a like quantity cut and bruiſe them and then boyle them in a ſufficient quantity of butter and make it into an ointment, mix it in a little neats foot oyle wherewith anoint the child's wriſts and ancles every morning and night alſo the right ſide under ye ſhort ribs.

46. *To Kill a Canker.*

TAKE 2 ſpoonfulls of honey and one ſpoonfull of treacle and half as much rock allum as the quantity of a wallnut beat to fine powder and boyle theſe together over a cheafen diſh of coles till it be pretty thick then take it off and let it coole then anoint the cankers with a cloth tyed upon a ſtick the oftner you anoint it the better twill be you muſt keep ſtiring it as long as it doth boyle, it will be like a ſirrup when tis cold.

47. *For any Aguiſh or Hectick Feavour in Children when they grow Weak and Forſake their Meat.*

TAKE 2 penny worth of the ſneezing powder root and pound it ſmall then pound 3 ounces of curants unwaiſh'd only pickt clean from ſtones, then mingle theſe together and lay it to the handwriſts, then cut a ſmall orange in halfs & put one half to each of the handwriſts then bind it on 4 days and if the party mend not in that time take it off and put on freſh in the like manner and keep it on as long a time.

48. *To make Orange Cakes.*

TAKE your oranges and chip them then quarter them and cut out the meat and then take the rines and boyle them till they be very tender then take them and dry them in a napking and ſhred them very ſmall then ſtrain in your juice through a piece of tifany then take the weight in ſugar and ſet your ſugar on the fire and put in as much water as will wet it to a paſte then you muſt boyle it to a Sugar again then take it off the fire and put in your meat ſtir it in then put by all your fire and ſet it upon y^{e} hot hearth to dry turning it, it muſt not boyle then put it out into ſweet meat glaſſes till it be pretty ſtiff then put it upon your ſheet of glaſs and ſet it in a ſtove

the ſtove muſt be warm you muſt keep a moderate heat in it and ſo dry them up.

49. *A Perfumed Water.*

TAKE a gallon of Spring water a handfull of lavender flowers and as many pinks 3 handfulls of damaſke roſes as much ſweet marjerum the peels of 6 oranges 12 cloves bruiſe all theſe and put to them one ounce of orriſe powder 4 ounces of benjamin powdered put all in a roſe ſtille and draw off the firſt quart by its ſelf and then a pint you may draw after another water from the lees which will ſerve for preſent uſe but not keep put into your quart bottle 12 penny worth of muſke and into your pint bottle ſix pennyworth tyed up in a piece of ſerſnet and a little ginger ſliced very thin about as much as will lay on a half crown, 2 or 3 ſpoonfulls will ſweeten a baſon of water, Stop it cloſe.

50. *To make Mumme according to the Direction recorded in the Town Houſe of Brumſwick.*

TAKE a veſſel containing 63 gallons the water muſt be firſt boyled to y^{e} conſumption of a 3^{d} part at leaſt let it then be brew'd according to the act with 7 buſhells of wheat malt one buſhel of oat malt and one buſhel of ground beans and when it is tunn'd let not the hogſhead be to much filled at firſt, when it begins to work put to it of the inner rine of firr trees 3 pounds of y^{e} tops of firs and birtch of each one pound of cardus benedictus dryed 3 good handfulls of the flowers of roſaſolis 2 good handfulls, of burnet, betony marjorum avens pennyroyall, elder-flowers, wild time, of each a handfull and a half, ſeeds of cardomum bruiſed 3 ounces, bay berries bruiſ'd one ounce put the ſeeds in y^{e} veſſel when the liqour hath wrought a while with the herbs alone and after they are aded let the liquor worke over the veſſel as

little as may be, fill it up to the top, and when 'tis to be ſtop'd up, put into the veſſel ten new laid eggs ye ſhells not broken nor crackt then ſtop it very carefully and at 2 years end drink of it, if it be tranſported by ſea tis better. Dr Egidius Hofman adds water creaſes brooke lime and wild parſley, 6 handfulls of horſraddiſh ſcraped in every hogſhead, and it was obſerved that the mumme in w^{ch} y^{e} horſraddiſh was put did drink with more quickneſs then that which had none.

51. *Quince Wine.*

GRATE your quinces and ſtrain them in a corſe ſtrainer and ſtrain your juice through a flanin to every gallon of juice take a pound of fine ſugar Stir it untill your ſugar be melt'd then put it into a barrel and bottle it after 24 hours.

52. *Captain Greens Powder for to make Water for Sore Eyes and Sores, the Powder to be Calcinde.*

TAKE 4 ounces of vitriol and one ounce of camphire after it is finely beaten with an almond ſhake it lightly into a black earthen pot well glazed, then ſhake the vitriol after it is finely beaten and ſearch'd and ſhake it in lightly upon the top of the camphire and ſet it in a deep chafing diſh and keep as ſoft a fire as can be poſſible about it and let it ſtand there till it be firſt diſſolved to a water and then to a hard ſtone you muſt take care it do not ſmoke for y^{t} will ſpoil the camphire as ſoon as the camphire is melt'd that the vitriol is ſunke down then cover it with a paper and a ſaucer upon that with a weight, and continue to keep a ſoft fire under it till it be turn'd to a ſtone and then take off the pot and let it alone till the next day and then you muſt break the pot to gett it out, and when out you muſt beat and ſearch it very fine, and when it is as

fine as you can poſſible make it then bake 4 ounces of bole armeniack and beat again with it till they be well mingled together, then weigh it into half ounces, and every half ounce will make a quart of water, an ale quart for eyes and a wine quart for ſores the bole Armeniack muſt be finely beaten and ſearch'd before it is mingl'd with the other.

53. *To make Sirrop of Lemons.*

PARE your lemons that no white be ſeen then ſlice them and take out ye ſeeds and take the ſame weight in double refined ſugar well beaten and faſten a ſtronge thread net over a Silver baſon or earthen baſon then lay on ſome of your Sliced lemons cover them with Sugar then more lemons ſo do till all be on, then Set it in a cool Seller for 3 or 4 days then pour it in a ſtone pot let it ſtand warme 24 hours then Scumme it and put it up. you may put more Sugar if you pleaſe.

54. *To make Sirrop of Clove-Gilly flowers or any other flowers but Violets.*

CLIP the whites from the flowers bruiſe them a little in a ſtone morter then take y^{e} weight of your flowers in fine beaten ſugar, take a ſilver or ſtone pot put a laying of flowers then of ſugar do this till all be in then cloſe y^{e} pot and in boyling water keep it ſtill ſeething for 4 or 5 hours then ſtraine it and ſet it by the fire till y^{e} ſcumme riſe take that off when cold then bottle it, you may put the flowers in ſack or french wine and let them lye 9 or 10 days cloſe ſtop't then ſtrain it and bottle, it will be very pleaſant and Cordial, if you make your ſirrop by infuſion tis beſt to do it either with pinke, balme, or burrage water which you muſt warme a little and pour on your flowers as much as will cover them, let it ſtand 12 hours then ſtrain it and put in freſh

flowers ſo do 4 or 5 times then to every pint of liquor take a pound and half of Sugar finely beaten, put it in a Stone pot ſet it to y^e^ fire in a Skillet of water till the ſugar be all melt'd then ſcumme it and keep it for uſe.

55. *To make ſmall Mead.*

TAKE 10 quarts of water to one quart of honey firſt boyle your water and in it a handfull of herbs made into a bundle ſuch as you beſt like, as roſemary balme, Sweet marjerum and the like Scumme your water very well and when boyled half an hour or more take out the herbs, then put in your quart of honey to your ten quarts of water and boyle it near an hour ſcumming it all the while it boyls, pour it then into ſome coolers and when as cool as wort put in ſome ale yeſt, if but 10 quarts of liquor then 2 ſpoonfulls of yeſt is enough, if more you muſt proportion your yeſt to it, let it ſtand in the cooler till it be white all over then tun it up into a good veſſel that hath had ſack or white wine in it and when it hath done workeing Stop it very cloſe and let it ſtand in the barrel a week or 10 Days then draw it into bottles keeping it cloſe Stop'd and in a months time you may drink of it keep it as coole as you can.

56. *A brewed Drink for Rickets.*

TAKE tamariſke and the inner barke of a young aſh not 20 years old and agrimony Speedwell Succory coltsfoot cliders maiden hair ceterach otherwiſe called Spleenwort and cowſlips of jeruſalem of each of theſe a handfull and boyle it in 5 gallons of middle beer an hour and half and bruiſe the bark and boyle it an hour before the other things be put in that ſo it may have an hours more boyleing than y^e^ herbs than ſtrain it and worke it as other Drink and tun it as ſoon as it is tuned up put into it

the juice of 4 handfulls of ſcurvy graſs and 2 handfulls of water creſſes, then take a handfull and a half of liverwort and as much harts tongue very clean pickt and bruiſed and put it into a thin linnen bag and a little ſtone or bullet to ſinke it, & hang it in the drink about the middle of the veſſel and at five days old let the child drink of it all times if you can you muſt put into it a handfull of oſmund royal roots or oſmund fearn roots called fox fern roots for it hath theſe 3 names and 2 handfulls of Scurvy graſs roots.

57. *The Soveraign Balſame.*

TAKE venice turpentine one pound, oyle of olives 3 pints, balſame of perrue half an ounce, oyle of St Johns wort one ounce, red Sanders one ounce, yellow wax half a pound Sack 6 ſpoonfulls, cut the wax in thin ſlices put it over the fire in a clean Skillet, when it is thoroughly melt'd put in the turpentine when it is firſt waiſhed in red roſe water 3 times Stir them very well till they boyle then take it off the fire and let it cool till the next day then take it out of the Skillet again and cut it into thin ſlices to get out the water then put in the oyle of olives the Sack and the oyle of St Johns wort with the red Sanders and balſame and ſtir them till they incorporate, then boyle it a pace then take it off the fire and ſtir it for 2 hours to thicken it, then let it cool puting it into ſmall pots, it will keep twenty years.

58. *To make Biſkit.*

TAKE one pound and a quarter of fine ſugar one pound of eggs one lb of flower, beat your eggs and as the froth riſeth ſcumme it off & mix it wth the flower and Sugar till all the eggs be in them beat it very well and let it ſtand by a fire half an hour then butter your plats and ſet them in a pretty warme oven.

59. *To make Cakes of Quinces red.*

TAKE barberrys and infuſe them and when they are very ſoft take them and ſtamp them with a ſpoon and ſtrain them, then have ſome quinces ready ſcaulded and pared then take the pulp of the quinces and mix it with the barberrys then take the weight of it in Sugar and wet it with water then ſet it over the fire and let it boyle till it be Sugar again then put in your quinces and ſtir it over the fire till the ſugar be all melt'd but not let it boyle then drop it on glaſs plats.

60. *To make clear Cakes of Quinces.*

TAKE quinces and pare them and cut them into water then ſet them over the fire and let them boyle very faſt till the quinces be very tender then ſtrain the jelly and take the weight of it in Sugar and wet it in water ſet it on the fire and let it boyle to ſugar again then put in the jelly and ſet it over the fire and ſtir it till all the ſugar be melt'd but it muſt not boyle then put them in glaſſes.

61. *To make Orange Cakes.*

SCRAPE your oranges with a piece of glaſs till all the deep colour be off, y^{n} take the peel off and rub it with ſalt and lay it in water a little while then take it out and dry it in a cloth then cut all the white from it and put the yellow peel into water to waſh the ſalt well from it then boyle it tender in 2 waters when it is tender you muſt dry it very well in a cloth and ſhred it as ſmall as you can, then take the juice and meat of your oranges and put to the ſhred peel but be ſure that there be no ſeeds nor ſtrings in it, it muſt be very well broken with a ſpoon then you muſt take the weight of your oranges in double refined Sugar, melt your Sugar with fair water and ſet it on the fire and let it boyle and ſcumme it well and when it begins

to candie put in your orange and let it ſtand on the fire ſtiring it till the Sugar be melt'd it muſt not boyle, then put it in cake glaſſes and Set it in a warme ſtove and when you find it candied at top and jelly'd turn it on plates and ſo keep it turning as you ſee it candie till its dry.

62. *To make Apricock Cakes.*

TAKE a pound of ſugar and boyle it almoſt to a candie height then put a pound of Apricocks ſliced very thin but not pared into it ſtir them about and let them ſtand on a ſoft fire till the ſugar be melt'd then put them in cake glaſſes and ſet them in a ſtove & when they begin to dry turn them out on glaſſes.

63. *To make Sirrop of Violets.*

TAKE half a pound of pickt violets and put a pint of water boyling hot to them cover them cloſe and let it ſtand one day then ſtrain it out and to a pint of the liquor put 2 pound and quarter of Sugar and ſet it into a kettle of boyleing water and let the Sugar diſſolve and ſcumme it well when its ſcaulding hot its enough and when cold bottle it.

64. *To dry Cherrys.*

STONE 6 pound of cherrys and put one pound of Sugar to them and let them boyle as quick as you can till they look clear then let them lay in ye ſirrop 3 days then lay them on ſives and ſet them in an oven after bread is baked 2 or 3 times turning them.

65. *To make Apricock Marmelade or Cakes.*

TAKE your Apricocks, pare, ſtone, and quarter them then take the weight of them in Sugar and put half of it to the Apricocks and ſet them on the fire and keep them Stiring leſt they burn and when

they are tender take them off and maſh them ſmall then take the other half of Sugar and melt it with water and let it boyle a little then take it off and put in the Apricocks and ſtir it well together and put it in your glaſſes and in 2 days turn out your cakes on glaſſes to dry.

66. *To make White Quince Marmelade very good.*

TAKE a pound of quince and a pound and quarter of Sugar wet your Sugar pretty thin with water then put to it half a pint of ſtronge jelly made with the cores of quinces, pare your quinces and core them & quarter them and put them into your ſugar and jelly, ſet it on a very quick fire and let it boyle as faſt as poſſible it can and Stir it all the time you muſt keep out a little of the Sugar to Strew over it when its almoſt boyl'd, and when its enough and taken off y^{e} fire Stir into it 3 ſpoonfulls of y^{e} juice of lemons.

67. *To make a very good Poſſet.*

TAKE 3 pints of cream and boyle it with cinnamon and mace and one nutmeg quartered take a pint of Sack and the yolkes of 18 eggs beaten put your Sack and eggs and about three quarters of a pound of ſugar altogether into a baſon ſet it on a chafen diſh of coles and keep it Stiring till its ready to boyle then take it off and ſet your Baſon on the ground and take your cream boyling hot only firſt take out the whole ſpice then pour the cream into the baſon holding your ſkillet as high from the baſon as you can that it may froth with the pouring then ſtir the poſſet a little and ſet it on the coles again, cloſe cover'd about half a quarter of an hour then ſtrew on ſome Sugar & ſerve it in. if you make it with milk you may put in half the whites of the eggs takeing out the treds and beat your eggs very well.

68. *To make an Orange Pudding.*

TAKE 12 eggs throw away half the whites beat them very well and then put into them a little ſalt and 3 quarters of a pound of Sugar and 3 quarters of a pound of butter melt'd and the yellow rine of 3 oranges grated, make ſome good puff paſte and cover your diſh and pour in the pudding and cover it over with more paſte 3 quarters of an hour will bake it, then eat it with orange. To make your paſte to cover your pudding take 3 quarters of a pound of butter to one pound of flower breake your butter into the flower and temper it with warme water make it pretty ſtiff and rowle it quick.

69. *To preſerve Damſens.*

TAKE a pint of jelly of Damſens and let it boyle a pretty while then put to it a pound of Sugar and let it boyle together a little while, Scumme it very well and let it ſtand till its almoſt cold then put into it a pound of damſens and let them juſt boyle up & let them ſtand till y^e^ next day then boyle them up again then put them into glaſſes.

70. *To preſerve Raſberrys.*

TAKE raſberrys and currants and put ſome water to them and ſet them on the fire and let them boyle then ſtrain them and take a pint of that jelly and a pound of Sugar and let it boyle till the Scumme be all riſen then put in a pound of fair raſberrys and let them boyle as faſt as they can, till they are clear, then take them up & put them in glaſſes and ſtrain the jelly to them.

71. *To dry Apricocks.*

TAKE a pound of ſugar and wet it with a quarter of a pint of water and let it boyle and Scumme it well then put into it a pound of apricocks pared and

ſtoned let them boyle a little then let them ſtand till the next day y^{n} boyle them up again ſo do 4 or 5 times till they look very clear then put them a runing from the Sirrop and lay them on glaſſes to dry and ſet them in a Stove turning them and 3 or 4 days after ſift fine Sugar all over them and turn them every day till they are dry you may make chips this ſame way.

72. *To make Raſberry Cakes.*

TAKE your raſberrys and infuſe them in a ſtone jug and when they are tender maſh them ſmall and take the weight of them in Sugar put the Sugar into a preſerveing pan put as much fair water to it as will melt it and let it boyle to a candie hight then put in your raſberrys take it off ye fire and Stir it well and put it in your glaſſes and in 2 days turn it on glaſs plats.

73. *To make Sirrop of Clove Gilly Flowers or Violets.*

TAKE to a pound of flowers 2 pound of Sugar then put your flowers and Sugar into a Stone jug a laying of flowers and one of Sugar till they are all in then ſet it in water over the fire to infuſe and ſtop it in cloſe when the Sugar is diſſolved it is enough then ſtrain it out and ſet it over the fire in a Skillet till it be ready to boyle then ſcumme it clean and when cold bottle it.

74. *To preſerve Raſberrys.*

TAKE raſberrys and infuſe them to make your jelly then take your faireſt raſberrys and put into the jelly and take the weight in Sugar and as much water as will melt it Set it on the fire and let it boyle and Scumme it well then put in the jelly and raſberrys and let it boyle a pace till they are enough then put them in your glaſſes but let the jelly boyle a little longer then put it to them.

75. *To dry Peaches.*

PARE and ſcauld your fruit very tender then take the ſtones out of them and lay them on a cloth to dry then take the weight of them in Sugar and boyle it to a candie hight and put your fruit in it and let it ſtand till the Sugar be melt'd and the next morning warm them and ſo do in the afternoon do ſo 3 days but never let them boyle So lay them on glaſſes to dry.

76. *To make Paſte of Peaches.*

SCAULD them very tender and maſh them through a Sive and put as much of the juice of Spinage to it as will colour it green then dry it over coles and boyle the weight of it in Sugar to a candie hight and put in your pulp and ſtir it well together but not let it boyle then drop it on glaſſes to dry.

77. *To dry Apricocks or Chips.*

PARE and ſtone your Apricocks and lay them in your preſerveing pan with ſome Sugar ſtrow'd over them then take the weight of them in Sugar and wet it and boyle it to a candie hight and pour it to the apricocks and let them boyle till they look clear then take them off and let them ſtand till the next day then warm then and ſo do twice, and then lay them on a Sieve that the Sirrop may run from them, then lay them on glaſſes to dry in a Stove.

78. *To make very good Red Quince Marmalade.*

TAKE 4 pound of raw quince 4 pounds of Sugar, 3 pints of water boyle your ſugar and water together and ſcumme it well then put in the quince and let it boyle ſoftly till its of a pretty good colour, then let it boyle a pace uncover'd and then put into it a pint of ſtrong jelly made with the cores of the quinces and ſome pipens when you put in the jelly put in half

a pound more of Sugar and let it boyle a pace till it jellys w^{ch} it will do in a little above a quarter of an hour.

79. *How to preſerve Red Quince.*

PARE your quinces and core them then take the weight of them in Sugar and to every pound of Sugar you muſt put a pint of water and ſet your quince ſugar and water over a gentle fire and let it boyle very ſoftly and keep it cloſe cover'd, and w^{n} it is 3 parts boyled you may put to 3 pound of quince and as much Sugar one pound of Sugar and a pint of ſtrong jelly then make it boyle a pretty pace till tis almoſt enough, and when it is of a good colour tender and clear let it boyle as faſt as you can a little while uncover'd then put it into glaſſes, you muſt make your jelly with the cores and pareings of your quince and ſome pippins boyled in as much water as will cover them, you muſt keep 2 or 3 ſpoonfulls of your Sugar to Strew on your quince when it is almoſt boyled to clear it.

80. *To preſerve Ripe Plummes in Jelly White.*

TAKE your plummes and weigh them take their weight in Sugar put your Sugar into your preſerveing pan and as you pare your plummes rowl them in the Sugar and when they are all pared ſet them on the fire and let them boyle ſtiring them often and when you find them tender take them off and put them into glaſſes one by one; and for To make the jelly you muſt take ſome plummes and pare them and put them into a tankard and Set your tankard into a Skillet of water and let it boyle till they are very ſoft then let the jelly run through a Strainer and take the weight of it in Sugar put your Sugar into a preſerveing pan, and put as much fair water to it as will but

melt it then ſet it on the fire and when it boyles up put in your jelly and juſt let it boyle up then take it off and fill up your glaſſes if you will have them red you muſt pare them. The pulp of the plummes you make your jelly with will make marmelade takeing the weight of it in Sugar put your Sugar into your preſerveing pan and melt it with fair water and ſet it on the fire and when it boyles put in the pulp and let it boyle a little then put it in your glaſſes.

81. *To make Clear Cakes of either White Plummes, Red Plummes, Damſens, Grapes, Raſberrys, Currants, or Cherrys.*

TAKE your fruit and pare them and put them into a tankard and Set in a Skillet of boyling water and let it boyle till they are very ſoft then let your jelly run from them through a ſtrainer then take the weight of the jelly in Sugar and put it into a preſerveing pan and put as much fair water to it as will juſt melt it then ſet it on the fire and let it boyle to a candie hight which it will ſoon do then put in your jelly, and Stir it, not leting it boyle but take it off and put it into your cake glaſſes and ſet them in a ſtove and in 2 or 3 days turn them out of your glaſſes on pieces of glaſs and keep them turning once a day till they are dry enough to put on paper.

82. *To make White Marmelade of Quinces or Pippins.*

TAKE your quinces and pare them and cut them in pieces and take the weight of it in Sugar and put your Sugar and quinces into your pan and ſet it on the fire keeping it ſtiring and breaking the quinces with a ladle all y^{e} while it boyles and let it boyle as faſt as you can & when the quinces is very ſoft take it off and put it in glaſſes.

83. *To make Almond Cream.*

TAKE a quart of cream and boyle it with nutmeg and mace and take a quarter of a pound of almonds blanch them in cold water and beat them very well in a ſtone morter with Sack and roſe water and let it boyle till it is as thick as you will have it then Strain it through a corſe Strainer being well boyled then ſweeten it with Sugar to your taſte and put in half a ſpoonfull of roſe water and as much Sack.

84. *To make an Almond Pudding.*

TAKE a quart of cream and 2 manſhets grated half a pound of Almonds blanch'd and beaten very finely with roſe water then take a little nutmeg and mace ſhred ſmall take the yolkes of 6 eggs and ſome Sugar tie it up in thick cloth and boyle it and Serve it with butter and Sack.

85. *To make a Quakeing Pudding.*

TAKE 5 ſpoonfulls of flour and 9 eggs leave out 3 of the whites a pint and half of cream not to good, a ſpoonfull of Sugar and nutmeg take orange lemon citron mince it ſmall and put to it tie it up in a thick cloth and when tis boyled put Sack and Sugar and butter.

86. *To make a Carraway Cake.*

TAKE 4 pound of flour 10 eggs but 5 whites a pint of ale yeſt and half a pint of cream a quarter of a pint of Sack or roſe water half a pound of carraway cumfets half a pound of ſugar half a pound of butter ſome ſaffron half an ounce of nutmeg of mace and cinnamon let your flour be dry'd very well then mix it with Sugar carrawayes and Spice beat your eggs very well & yeſt and Sack together let your cream

boyle and melt your butter in it then temper your cake let it ſtand half an hour to riſe bake it in a paper coffin.

87. *To make a very good Cake.*

TAKE 6 pound of flower 3 pound of currants 2 pound of reaſon of the Sun Stoned one pound of almonds blancht and well beaten 20 eggs half the whites one quart of cream 2 pound of butter ½ a pound of loaf Sugar 2 ounces of mace nutmegs and cinnamon half a pint of Sack beat your almonds with roſe water and a quart of ale yeſt let your flour be dry'd and currants then put them together with the ſpices and reaſons minced Small beat your Sack and eggs and yeſt all together let your cream boyle then melt your butter in it and ſtir it very well together then put your flour in the middle of the Ewer and put the yeſt on one ſide and the cream on the other Side and mix all together very well then put in your almonds and mix them very well together and ſet it by the fire and when the oven is hot put it into a paper coffin and bake it.

88. *To make Marmelade of Oranges.*

TAKE of the faireſt oranges and pare them very thin and put them into fair water and ſhift them 3 times a day for 3 days together then boyle them in cloths till they be very ſoft then take your oranges and cut them ſmall and take out the core and take to a pound of orange one pound of Sugar take a pint of the Faireſt pippin water let it be very clear one pound of Sugar more then mix your pippin water to y^{e} 2 pound of Sugar then boyle it and ſcumme it and put in your cut orange to it and boyle it till it jellies, and ſqueeze a little lemon into it and put it into glaſſes.

89. *To preſerve Pippins.*

TAKE a pound of Sugar to a pound of apples and boyle your Sugar to a Sirrop then pare your aples and cut them in halfs and cut out the cores and bruiſe them and put them into the Sirrop as you do them then put them on a very quick fire and when you ſee them begin to clear put into it a pint & half of apple jelly and a little reniſh wine and the juice of 2 or 3 oranges and have ſome orange peel boyled very tender and cut into long ſhreds and when you think they are enough put them into your glaſſes with ſome orange peel under and at top and Sirrop.

90. *To make Small Meade.*

TAKE 30 Ale pints of fair water one pound of reaſons of the Sun Stoned 4 pints of virgin honey put your honey into the water and boyle it till the 3^{d} part be boyled away as ſoon as the Scumme riſeth take it off and put in your raiſons then let it ſtand in veſſels till it be cold then worke it up with yeſt and when it hath wrought in the veſſel Stir up the yeſt and that together and ſo tun it up if you pleaſe 2 or 3 days after it is tunned draw it out and put it into bottles and after 6 days twill be fit to drink.

91. *To make Sugar Cakes.*

TAKE 2 pound of flour and one of butter half a pound of Sugar one ounce of carraway Seeds a little mace Shred a little Sack and a little roſe water worke theſe into a paſte and make your cakes thin and cut them round with glaſs.

92. *To make Little Cakes.*

TAKE a quarter of a pound of double refined Sugar beat it very fine then about the quantity of raſberrys, ſtrained and then ſhake in the Sugar by

degrees keeping it beating a hour together and have the white of an egg beaten to froth then put in 4 or 5 drops as you beat the Sugar and raſberrys drop them on papers then put them into an oven that is a little warm then put them in your ſtove you may do Gooſberrys thus but have a care to beat them one way or they will be heavy.

93. *To make Cherry Water.*

TAKE 4 pound of cherrys 5 pints of claret wine, half a handfull of the tops of roſemary 2 ounces of cinnamon bruiſed 2 handfulls of balme 2 nutmegs ſliced Stone the cherrys let them Stand cloſe cover'd in an earthen pot all night then Still it in an ordinary Still and mix it with Sirrop of Gilly flowers 4 ounces of white Sugar candie put into the receiver and let it drop upon it and ſo keep it for your uſe keep a quart bottle of the Strongeſt by itſelfe and draw of the reſt as long as you like the taſte it cauſeth Sleep tis moſt excellent for y^{e} paſſion of the heart, tis a good reſtorative water twill eaſe one out of a Sound.

94. *Almond Puddings.*

A POUND of Almonds blancht and beat very fine with roſe water to ſuch a proportion take 4 penny white loafs grated very fine put it in a bowle and with it 2 pound of beef Suet Shred very Small and mingle it with the bread pour upon it one quart of boyleing cream Stir it together and cover it cloſe down and let it ſtand an hour then put in your almonds and mingle them together and ſeaſon them together with Salt and nutmeg cinnamon & Sugar to your taſte 8 eggs leaveing out ye whites mingle them all together you may add a little Sack if you pleaſe, if you find your pudding to thick add cream if to thin add grated bread if not fat enough add more Sewit.

95. *Quince Cream.*

COODLE your quinces ſcrape them and when they be cold ſweeten them Sweeten your cream and boyle it and when cold put them together.

96. *My Lady Ingrams Cream.*

TAKE 2 gallons of new milk 3 pints of cream half a pound of Almonds beaten very fine ſo put it in and ſtir it altogether and Set it in a broad pan over the fire when tis ready to boyle take it off and let it ſtand a day and a night you muſt ſweeten it with Sugar at firſt then take the glaſs you mean to put it into you muſt cut your cream as broad & put the reſt in the bottom.

97. *To make Pyramid Cream.*

FIRST waſh one ounce of Icſinglaſs and lay it 2 days in roſewater then beat a pound of Almonds with a ſpoonfull of roſewater Strain them with a quart of cream or new milk then put in your Icſinglaſs and ſweeten with Sugar to your taſte then boyle it on the fire till a drop will ſtand then put it in a diſh and ſtir it till tis cold then put it in glaſſes and put it in a diſh you Serve it up in and put cream to be 4 inches above the cream.

98. *To make Gimboles.*

TAKE 6 eggs and put away 3 of the whites beat them an hour together with roſewater put to this a quarter of a pint of cream half a pound of Sugar and as much flower as will make it up in a paſte as you rowle it into weaks then put in ſome corriander and carraway Seeds then when you have made them into what faiſhon you think fit butter your plats & ſo bake them. let not your oven be to hot to colour them.

99. *Biſkit Approvea.*

TAKE a pound of fine Sugar beaten and ſearched one pound of flower 4 grains of Amber greaſe 3 grains of muſk grind them with Sugar mingle them with the flour and Sugar altogether you muſt dry your flour then take 8 new laid eggs whites and yolks beat them in a ſtone morter with a wooden peſſle for the ſpace of an hour put your Sugar and flour in by little and little till it be all in then beat it for y^{e} ſpace of 2 hours together you muſt not let it ſtand ſtill at no time for the good beating makes it white and light then put in 2 ſpoonfulls of anyſeeds and Stir them together then let your plat be buttered very thin then warm your plats and diſh it as faſt as you can then have your oven ready not very hot and put them in preſently Sifting Sugar over them, when baked enough then take them out & pare y^{e} bottoms of them and lay them upon paper to dry & harden you muſt take them off y^{e} plats while warme.

100. *Sugar Cakes.*

TAKE 2 pound of flour dryed & ſearched one pound of loaf Sugar dryed and Searched one pound of butter, 6 eggs leaveing out the whites then beat them very well & take a little cream & make it into paſte then rowle it & flat it as you will have it & then cut it round wth a glaſs and bake then in a cool oven you muſt waſh y^{e} butter with a little roſe water & ſee you dry it out.

101. *To make Jelly.*

TAKE 4 calves feet and when they be blanched put them into a pot with a gallon of fair water and let them boyle till they be conſumed to half Scumming it as it riſeth very well then ſtrain it through a coulender into a diſh and let it Stand till the next day and through cold Slice it through in

great pieces taking the top and bottom as thin as you can and make of the reſt putting it into a clean Skillet then take a pint of Sack or white wine and put to it and the whites of 6 eggs very well beaten to a froth one nutmeg 2 races of ginger both ſliced one Sprig of roſemary and a little Salt and half a pound of Sugar and you muſt Sharpen it with a little lemon and a little vergis if it be ſack then ſet all theſe in Skillet on a gentle fire Stiring it till tis ready to boyle & let it boyle a quarter of an hour without Stiring and Strain it through a jelly bag of cotton and put a lemon peel into it & let it run through of itſelf and keep it for your uſe.

102. *To preſerve Green Walnuts.*

TAKE green walnuts of bigeſt Size you can get and of the bigeſt kind about a week after midſummer put them in a bag and boyle them in a great kittle of water till they be tender then peel off ye outward ſkin that looks black and put into every ſecond a clove put them into ſomewhat more then the weight of powder Sugar and cover them in the dry Sugar and let them lay a day or 2 then boyle them up 2 or walms on a gentle fire. probatum.

103. *To make Cheeſecakes.*

SET your beſt milk which is Strokeing and put in as much runnet as you think fit and when tis come brake it not but in a cloth and put it in a vate and ſet a light preſs upon it and let it Stand cut your curd in pieces and put it in a morter and grind and beat your curd put in the quantity of half a pound of butter to as much curd as a little thin cheeſe vate will hold when tis well beaten together put in a pound and half of currants and Some cloves and mace and Some roſewater with the eggs you muſt take 6 yolks and 2 whites and beat them well together with roſe-

water and put in a pint of cream and a quarter of a pound of ſugar when you have prepared the coffins fill them not to full and ſee you then put them in and when they are riſen draw them out and then mix them together ſome butter melted and ſome Sugar roſewater, take a feather and waſh them with it. your paſte you muſt make as you do for tarts.

104. *To Preſerve Green Apricocks.*

TAKE apricocks when the ſtones are firm in them and to every pound of apricocks a pound of ſugar pare them very thin ſlit them up the ſceame as you pare them put them into cold water elſe they will loſe their colour, being pared put them into a Skillet of cold water and ſet them on a fire cloſe cover'd till your water be ſcaulding hot and let them ſtand till they are pretty cold then Set them on the fire again till the water be Scaulding hot then take them off till the water be Somewhat cold let the water be never more then ſcaulding hot and a little colder after by degrees till they be as green and as tender as you will have them then take them out of the water and lay them in a diſh and ſtrew ſome of your weigh'd ſugar on them elſe they will preſently looſe their colour then put your Sugar into your preſerveing pan and to every pound of Sugar take a quarter of a pint of the ſame water as the apricocks was boyled in then melt your ſugar and put in your apricocks and after a little boyling they will ſtone then put them into the Sirrop again and being boyled a while take them out y^{e} Sirrop and lay them in a broad ſilver diſh and boyle the Sirrop to what hight you pleaſe if you boyle it to little it will not keep you may if you pleaſe put to theſe a grain or 2 of muſk and Amber-greaſe pour the Sirrop while it is hot on the apricocks ſo let them ſtand till y^{e} next day then put them up into glaſſes.

105. *To Preſerve Gooſberrys.*

GATHER the faireſt round gooſberrys when they are at their full bigneſs & before they begin to be ſoft when they are new gather'd cut off the black tops and ſtone them ſtrewing fine Sugar upon them as you Stone them then to 3 quarters of a pound of ſtoned gooſberrys take a pound of double refined Sugar finely beaten and lay half of it in the bottom of your pan then lay in your gooſberrys one by one all over upon the Sugar, then put in y^{e} reſt of your Sugar but keep a Spoonfull or more of it to Strew upon it in the boyleing then Stamp a few gooſberrys the black being taken off and Strain the juice out of them and of that juice put in 12 Spoonfulls to this proportion drop it out of the Spoon all over the Sugar and gooſberrys then ſet them on a very quick fire to boyle as faſt as you can to boyle up to the top of the pan then take them off and ſhake the pan and ſtrew on ſome of the Sugar and preſently ſet it on the fire again to boyle up then take it off and ſhake it and ſet it on again to boyle faſt and when you ſee the gooſberrys look very clear take them off and when they are a little cold put them up in glaſſes take them up with Sirrop for if you take them without the Sirrop they will not be plump then put them up but let them not be covered till they are cold you muſt try to ſee whether the Sirrop will jelly before you put them up.

106. *To Preſerve Sweet Lemons or Oranges.*

TAKE your oranges and pare them very thin and lay them all night in cold water then boyle them half an hour and put them into cold water y^{n} make holes on the top where the ſtalk growes and take out the ſeeds as clean as you can and let them lay in that water till the next day then boyle them again almoſt half an hour then take them up and Set them upon a

double cloth and cover them with a cloth till they be almoſt cold then weigh them and take to every pound of orange a pound and half of Sugar and to every pound of Sugar a wine pint and half of water boyle your ſirrop and ſtrain it and when it is almoſt cold put in your oranges and boyle them with a ſoft fire till they look clear and the Sirrop of a good hight about a fortnight or 3 weeks after take your Sirrop from your oranges and boyle it again and when it is cold put your oranges in it and keep it in glaſſes. y^e^ great red oranges will do beſt this way.

107. *To make Black Puddings.*

TO make 3 dozen of puddings take a quarter of a peck of grots and 2 quarts of milk boyle it and then put in your grots and ſtire them cloſe and let them ſtand all night and in the morning take 2 handfulls of ſweet herbs Shred ſmall, and one pint of blood 3 pounds of Suit Shred Small put all theſe things to your grots and ſeaſon it with a little cloves & mace one nutmeg pepper & one ounce of annyſeeds and Salt 6 eggs whites and all.

108. *To make White Puddings.*

TO make 3 dozen take a quart of Stired grotts one penny loafe grated 6 eggs yolkes and whites beat with roſe water half a pound of Sugar and a pound of currants, half a pint of cream mix all theſe things with your grots and ſeaſon it with cinnamon.

109. *To make a Poſſet.*

TAKE a quart of cream and half a nutmeg quarter it then take a ſtick of cinnamon and a quarter of a pound of Sugar and then ſet it on the fire and keeping it ſtiring always one way and let it boyle together a quarter of an hour then take 6 eggs puting away the whit's then beat them very well and put

them into the cream ſtill conſtantly ſtiring it and ſo ſoon as it boyles take it off the fire and let it coole a little it muſt cool but a little then take a quarter of a pint of Sack made very hot in a baſon then take your cream and ſtand upon a ſtoole as high as you can & pour your cream into your baſon very ſoftly as high as you can pour it right then ſet it to the fire till it be ready to be eaten this will be all curd & no drink.

110. *To make a Sullibub.*

TO every quart of cream take about 3 quarters of a pint of Sack boyle the cream and make the Sack almoſt as ſweet as a Sirrop then ſet it on the fire and make it reaſonable hot and when the cream is a little cooled with a wooden Spring draw up the cream and ſo ſquirt it in till the pot be full if you make it in the morning very early twill be ready to eat y^{t} afternoon. Some boyle a blade of mace in the cream.

111. *To make a Snow to put on the Sullibub.*

TAKE a pint of cream and the whites of 4 or 5 eggs and a little roſe water Sweeten this with Sugar beat this with a ſtick which muſt be cloven in 5 or 6 parts beat it till you find it begin to riſe in bubbles with a ſpoon take off thoſe and lay them in a diſh ſo beat till you have all that will riſe y^{n} when your ſullibubs is ready to be uſed lay on the upermoſt of the ſnow and heap it high.

112. *To make Clouted Cream.*

TAKE the top of your milk after it has ſtood one hour and make it ſcaulding hot let it not boyle then put it into an earthen pan then leave it half an hour to make it froth as much as you can then ſet it into the oven as ſoon as bread is drawn out of it let

it ſtand in 7 or 8 hours then take it out gently and let it ſtand at leſt 24 hours before you uſe it make a bottom to it with Sweet cream boyle it and boyle large mace with it y^{n} beat the yolks of 2 or 3 eggs with a little roſe water then take the cream from the fire and put 2 or 3 Spoonfulls of it to the eggs then Stir them together and put them into a poſnet to cream then Set it over the fire & let it boyle one walme then take it off and ſweeten it with Sugar if you ſhould put the eggs into it whilſt it is over the fire it will be apt to curdle Stir it all the while it ſtands on the fire after the eggs are put in when it's Sweeten'd let it ſtand being Stir'd with a Spoon till it be paſte creaming at top when it is cold take off the top of the baked cream with a Skimer and lay it upon the other Scrape Sugar on it and ſo ſerve it the baked cream will be near an inch thick if it ſtand 2 or 3 days.

113. *The Red Surfet Water for any Surfet.*

TAKE a gallon of the beſt aquavite a pint of the beſt damaſke roſe water a pound of white Sugar candy put all theſe into a large ſtone jug to ſteep a day and a night then put in half a pint of poppy water diſtilled as you do your roſe water with a pound and half of raiſons of the Sun Stoned with half a pound of dates the Stones taken out and the white ſkins, and then ſlice them very thin then take of mace cinnamon and anyſeeds of each an ounce of cloves bruiſed half an ounce liquoriſh ſcraped and ſliced a quarter of a pound, your anyſeeds muſt be rubed and duſted then put all theſe into your aqua-vite after all theſe things have ſteeped 4 days put into it 6 good handfulls of red poppie leaves it is the red ſingle poppies that growes amongſt the corn and if the colour be not red enough put in more leaves & after 10 days let it run through a jelly bag and put it into

your glaſs and ſo ſtop it very cloſe and put in to your glaſs to it 2 pounds of your ſmooth muſk carraway comfets, and ſo keep it for your uſe, the Spice and Seeds muſt be bruiſed if you do not ſqueeze thoſe things when you ſtrain it you may put it into the jug again wth a gallon more of aquavite and half a pint of poppie water and a pound of Sugar candie more, Stir it every day twice or thrice for ten days together and keep it cloſe ſtoped and then you may mix ſome of that ſmaller with the firſt which was the ſtrongeſt of all. This water is good for any ſurfet what ſo ever by any accident and they may give 2 or 3 Spoonfulls laſt at night and if the Surfet be dangerous give it once in 6 or 8 hours for 3 ſeveral times or in neceſſity oftner.

114. *To make French Bread.*

TAKE to a peck of flour 2 ounces of ſalt and a pint or more of very good ale yeſt and knead it up as other bread with warm water as light as poſſible then let it lye half an hour to riſe then cut it to the bigneſs you will have every loafe, which is about y^{e} bigneſs of a penny loafe and make them up very lightly not moulding it at all and put them into diſhes flouring the diſhes firſt with flour and cut off that may be on the top to much then cover them up cloſe again and let them ſtand and riſe again till they have riſen their full which you may know by the flour on the top which will begin to be crakling on the top then haveing your oven ready hot and pretty quick turn them out of the diſhes upon a peele flour'd ready and ſo ſet them in as faſt as you can never pricking or cuting them round, Set the oven led up cloſe but not Stop it approved of your dough muſt be as light as any cake bread ſo ſome flour will require more yeſt and water than other this is left to y^{e} bakers diſcretion.

115. *To Dry Apricocks.*

TAKE a pound of Apricocks 3 quarters of a pound of double refined Sugar pare the apricocks very thin and ſlit them in the Seame of the apricocks then forth the ſtones then ſtrew the ſilver baſon or deep diſh you boyle them in with the leſſer half of the Sugar being finely beaten and ſearched then ſet the apricocks in the baſon or diſh that end downward which grew in the ſtalk with them. Strew the reſt of the Sugar upon them and cover y^{m} and let them ſtand one night or one day while it be diſſolved then let it boyle for one quarter of an hour upon a quick fire before they be half boyled turn them with a ſpoon when boyled let them ſtand 2 days in the Sirrop before you take them forth ſo dip them in the Same then lay them on tin plates in the Sun and turn y^{m} every morning.

116. *To make Plumme Gimbols.*

TAKE your plummes when full ripe and put them in a porringer and ſet them over the fire and ſtir them continually with a Spoon and when they begins to brake and be ſoft take them out and pick off all their ſkins ſtalks and ſtones very clean when you have done ſo ſett them on the fire again ſtill ſtirring till ſuch time all the moiſture be almoſt dryed up and the plum ſtuff be pretty ſtiff then take it off the fire ſo let it ſtand till it cold then take double refined Sugar and put to the plumme ſtuff and take as much Sugar as will make it paſte and rowle it and worke it together and let it be as thick as paſte then rowle it in works as you do gimbols in what faiſhon you pleaſe you need not oven them they will be dry of themſelves.

117. *To dry Cherrys Red.*

TAKE to 3 pound of cherrys being through ripe and Stoned weigh them and to your 3 pound take a pound of the beſt hard Sugar beat it and put it into

your preſerving pan and put better than half a pint of water to it and with your hand ſtir it all together then put in your cherrys and Stir them in your water and Sugar and cover them and make them boyle as faſt as poſſibly you can Scumme them and when they be a little ſoft take them off the fire and pour them Sirrop and all into a gally pot then cover them and ſo let them ſtand 24 hours then pour them into a Sive and let ye Sirrop run from them and then lay them on glaſs plates as cloſe as you can one by one or upon a clean ſive dry them ether in the Sun, Stove or oven when one ſide is pretty dry flat them and turn them and when through dry box them very cloſe and let no air come to them they muſt be turned twice a day till through dry and on freſh things.

118. *To make Bean Cakes.*

LAY in water half an hour before you uſe them half a pound of almonds then blanch and ſlit them very thin as poſſible you may the long way of the almonds then take half a pound of Sugar finely beaten and ſearch'd and mingle with the almonds that are well dry'd from y^{e} water then take the whites of 2 eggs with butter and wet the ſugar and almonds wherewith but not to much for they may be ſoon over wet then take of your fine wafer ſheets that are made for bottom and cut out into round caſes and ſo ſpread your almonds in little ruffles cakes the almonds being ſet with a bodkin edge long you muſt mingle alſo ſome cardimum or caraway ſeeds either will do well with Sugar y^{n} put them on warm plates ſet them in a quick oven but not over hot neither muſt they ſtay to long for looſeing their colour you muſt beat your eggs with a little roſewater.

119. *The Cabbidge Cream.*

TAKE 6 gallons of new milk and let it be ready to boyle then put in one porringer full of cold cream and ſtir it well about fill then 18 broad flat pans when tis cold take off the cream and lay it round in a diſh like a cabbidge and ſprinkle a little roſe water and a little Sugar well beaten and ſifted then Scauld your milk again and put y^{e} ſame quantity of cream you did before till it be like a little cabbidge the laſt cream that you take off the Scauled milk lay plain upon the cabbidge but put no cold cream to it y^{n} ſtrew ſome roſewater upon it.

120. *To make Paſte of Apricocks.*

TAKE apricocks before they be quite ripe and after you have coddled them then pare them let them not be to ſoft then they will not be ſo troubleſome to pare then beat them very ſmall in a morter then put them in a diſh and Set them on a fire never leting them to be any hotter than you can indure your finger at the bottom of the diſh never to boyle for if they ſhould be to hot it would ſpoile the colour of your pulp and ſo let them ſtand on the fire till they be pretty dry which will be till the Sugar is boyled up to Sugar and that very high to dry Sugar again you muſt take to 4 pound of Sugar 4 pound of apricocks after you have coddled ſtoned and pared them and when it be ſo take it off and put it into your pulp till it be cold and when it is well mingled then ſet it on the fire again in a diſh or baſon that it was in before upon a chaffen diſh of coales and not to be any hotter than it was before in the drying before the Sugar was in it and then you ſhall ſee it will thicken and come to a paſte, then take your moulds and put in them and ſo let them ſtand to dry either in the ſun or in a ſtove and when they be half dry cut them on

y^e^ edges and take your moulds off it muſt be very thick paſte before you put it into your moulds or it will run about do what you can it will run a little. after the ſame manner you may make paſte of coddleings only when they are coddled peel them and put them in hot water to green if one water will not do put in more till they are green then cover them cloſe till they are green. you muſt dip your Sugar in water.

121. *Angelicoe Cakes.*

PUT your angelicoe in hot water and ſo let it green boyle your Sugar to candie hight chop your angelicoe ſmall and ſo ſtir it together drop it into cakes & ſo put it in a ſtove.

122. *To make a Lemon Cream.*

TAKE your beſt cream and boyle it well and when it is ready take it off put in the yolkes of 2 eggs well beaten and let it have a boyle the Sugar muſt be boyled in the cream before the eggs be in y^n^ have in readineſs the juice of 2 lemons in a diſh and when your cream is pretty cold Stir the juice of lemon and Sugar and keep it well Stiring till tis almoſt cold then put it into a diſh for your uſe.

123. *A Clouted Cream.*

TAKE 2 gallons of new milk and put into 5 or 6 pans and let it ſtand all night and next day upon a charcole fire ſet the pans gentlely on the fire and as it creams take it off and lay it in your diſh and as you lay it in Strew on a little fine Sugar and when you have taken all the cream put to it a little cold cream & ſo uſe it.

124. *To pickle Muſhroms.*

GATHER them early in a morning about the bigneſs of a walnut let them be freſh and red underneath and of one nights growth blanch them of the

outſide and pare them within with ſome part of the ſtalks if it be tender and then Strew them into a pan of fair water and a ſmall quantity of ſalt ſhift them ſo 3 times and then take them out of the water and put them into a ſkillet wth as much fair water as will cover them a little Salt a faggot of herbs and an oynion and when they do begin to boyle beſure to Scumme it very carefully and put 3 ſpoonfulls of white wine vinegar and when they are ſo done ſtrain them let them ſtand till they be cold make them a pickle 2 parts white wine it Self and the other part elder vinegar and put them all into a glaſs or pot and put the pickle to them, with a little long pepper a few cloves one or two nutmegs quarter'd a little mace a little Salt, and beſure to Stop them up very cloſe that no air may enter.

125. *To preſerve White Quinces whole.*

TAKE a handfull of the kernells that will jelly and put them in a little Spring water over night then take your quinces that are of a greeniſh colour and doth cut tender as any apple core it very well with a Scoop and pare it and put it into a Skillet that will hold but one at once take as much double refined Sugar as the weight of the quince and as much water as will cover the quince Set y^{e} ſame water and Sugar over the fire keeping it boyling as faſt as may be and when you ſee it to be clear and tender take it up and put it into your glaſs or pot cruſhing it flat down with the back of a Spoon then put into the Sirrop 6 ſpoonfulls of pippin liquor and 2 Spoonfulls of the jelly from the kernells then ſet it on the fire Stiring it ſtill and when it boyles Scumme it clean and then put in your quinces again and let it boyle 6 walms keeping it ſtill Shaking leſt it burn ſo then take it up and put it into your glaſs again you muſt be ſure to have

Sirrop enough for ever and anone there will riſe a coat upon it y^{t} muſt be taken off and freſh Sirrop put in.

126. *To preſerve Gooſberrys.*

TAKE as much double refined ſugar as y^{e} gooſberrys weigh unpicked and unſtoned and to a pound of Sugar take half a pint of water and when your gooſberrys are clean pickt and ſtoned ſet your Sugar and water over the fire and make your Sirrop and when it is clean ſcummed put in your gooſberrys and let them boyle as faſt as poſſibly you can till they clear and the ſirrop thick enough which will be in leſs than a quarter of an hour.

127. *To make Jelly.*

TAKE a nuckell of veal cut off the fat and ſkin 2 calves feet very white lay the veal and feet in warm water to ſoak out the blood ſhift it into freſh water till all the blood be out then ſet it to boyle in 3 gallons of Spring water boyleing it continually till it come to a pottle or 3 pints then if you will have it white put in a pint of white wine, if red put in red wine, and boyle it a quarter of an hour then take it and ſtrain it and when tis cold take off all the fat and leave the droſs in the bottom and to every quart of clear broth take cinnamon and nutmegs of each an ounce half an ounce of ginger ſliced break your cinnamon in pieces and quarter your nutmegs, then take 2 ſpoonfulls of corriander ſeed half a pound of Sugar 6 Spoonfulls of roſewater put all theſe into a new pipkine wth the whites of 8 new laid eggs well beaten ſtir all theſe very well together and ſet them over boyling them a quarter of an hour & ſtiring them all the while then pour it into your bagg with 2 handfulls of roſemary in the bottom of ye bag run it through y^{e} bag twice or thrice.

128. *To preſerve Raſberrys.*

TAKE the juice of raſberrys and make your Sirrop of it to a pound of raſberrys take a pound of ſugar and put half the Sugar to ye juice and let it boyle, the put in the raſberrys and let them boyle as faſt as they can take them off and Shake them oft put in y^{n} then reſt of the Sugar by degrees as they boyle but touch them not, when they are enough the ſtones will look clear So you may do currants or cherrys.

129. *To preſerve Oranges.*

LAY your oranges in water all night then pare off the rine as thin as may be then make a round hole that your finger may go in and take out all the ſeeds and ſet them on the fire & let them boyle half an hour or better then take them out and put them into cold water till the next morning then looke that all the ſeeds be out and boyle them in a freſh water as before and lay them in cold water again & the next morning boyle them till they be very tender that a ſmall bennet will go through them, then ſet them with the holes downward on a clean cloth to drain 3 or 4 times double then to every pound of orange take a pound and half of Sugar and to every pound of Sugar a pint of water make your Sirrop and clear it and ſtrain it then put in your oranges letting them boyle moderately till they be clear, turning them often, then take them up and when they be cold put them into a gallypot or glaſs & when they have lain a fortnight in the Sirrop take them up & boyle the Sirrop again.

130. *To ſouce Pigg.*

CUT your pigg into 4 collers of a Side take 12 cloves 4 leaves of large mace 2 nutmegs Shred thin ſtrew all theſe on the collers with a little ſalt

rowle them up hard and bind them cloſe and boyle them 4 hours and when tis almoſt boyled put in a faggot of Sweet herbs and half a pint of vinegar.

131. *To preſerve Apricocks.*

TAKE a pound of Sugar and a pound of apricocks Stone them and pare them very thin let the Sugar be beaten very fine lay the apricocks in 3 parts of the Sugar all night the next morning boyle them in their own Sirrop and when you have Scummed them caſt in the re of the Sugar in the boyling & when they are enough and Scummed put in your ambergreaſe & take y^{m} up.

132. *A Sweet Bag.*

TAKE half a pound of benjamin and half a pound of Storacks half a pound of orris an ounce of cloves and a few orange peels dryed a little ſweet marjerrum dryed beat all theſe pretty groſs and take half a buſhel of damaſk roſes, and a gentle fire under a Still fill the Still wth roſes juſt damp them then take them out and put them into a large diſh and pull them all to pieces while they be hot Strew theſe powders being mixt on the roſes work all theſe together ſo that the powder may ſtick on the roſes do thus till all the roſes be done then take a great preſerveing glaſs or 2 that will more than hold it and lay in a lay of roſes and ſtrew in ſome powder ſo do till all be in the glaſſes then bind it up cloſe with a double white paper and leather on the top then ſet it as hot as you can in the Sun every day Shake the glaſſes very well if you find it do cake in the middle put your hand in the glaſſes and ſtir it very well and when tis very dry put ſome amber greaſe pounded & ſome civet rub it about the leaves what quantity you pleaſe ſo you may keep it in bags as long as you pleaſe.

133. *To coller Beef.*

BONE the beef and rub the inſide of it with Saltpeeter a handfull and ſalt it with as much bag Salt as will ſeaſon it then lay it in pump water 4 days then let it hang to run dry then ſeaſon it with cloves mace nutmegs, marjerom perſly time, Seewory Sage, Shred ſmall then rowle it upward and bind it very hard with broad inkle and bake it in a pot filled half full of water w^{n} tis baked take it out of the liquor and keep it dry.

134. *Cherry Wine.*

24 POUND of cherrys ſtalk'd and ſtoned and preſt in a pot and ſo ſtand 30 hours or more then put all in a cotton bag ſtrain it in an earthen pan and one pound of Loafe Sugar in 24 hours twill run out ſix quarts then veſſel it for a month then bottle it, lay down the bottles in a fortnight it may be drank.

135. *Little Cakes to be baked in Pans.*

TAKE a pound of flour and dry it well and a pound of loafe Sugar beaten and dryed ſearch them both and mingle them together a pound of ſweet butter and waſh it in roſe water and worke it very much with your hand and ſtrew in a little of the flour and Sugar ſtill workeing it till tis half in then put in 6 eggs but 4 whites and ſo by degrees worke in the reſt when the oven is ſweeping put in four ſpoonfulls of roſe water a little beaten mace a pound of currants your pans muſt be ready buttered then fill them half full and ſearch ſome double refined Sugar on them bake them half an hour this proportion will fill 2 dozen of pans.

136. *To make a Carrot Pudding.*

TAKE the crum of a 2 penny loaf and grate it and half as much grated carrot and 6 eggs but 4 whites and ſome Sugar and half a nutmeg a little ſalt mix it

with a pint & half of cream and you muſt put it into the oven, melt a quarter of a pound or better of freſh butter put a little roſe water 2 or 3 ſpoonfulls of Sack then put it into the oven in a diſh and let it ſtand half an hour the oven muſt not be to hot Stop it a little.

137. *A Cream.*

TAKE a quart of cream then put in 6 yolkes of eggs and three whites well beaten then ſet them over the fire and ſtir it ye while then put in ſome canded eringo root, candid oringe peel cut them very thin then put in ſome preſerv'd plums and raſberrys & jelly of pippins ſtir it well together and put it in your diſh and w^{n} tis cold lay it over with apricock jelly and jelly of currants and quinces jelly alſo cut in pretty fancys.

138. *To make a Fleſh Cheeſe.*

TAKE 2 oxe cheeks beat the bones very well & thoſe that are not fit to bake take out ſeaſon it with cloves and mace jemacoe pepper and ſalt as you ſee fit put it into a pot and put to it a pound and half of beef ſuit & a pint of claret a faggot of Sweet herbs & an oynion bake it throughly then take out all the bones and beat the meat in a morter very well and pour away the gravey and let it be cold and take off the fat then put the gravey to the meat again and put it in a Stewing pan over a charcole fire ſtew it till it be thick & put it in a little cheeſe vate ſcaulding hot with a cloth as another cheeſe and tuck it in well turn it 3 times before it is cold and preſs it very well then take it out & put it on a board till it be cold it will not keep long.

139. *A Cordiall Organy Water.*

TAKE half a pint of Sack and 3 pints of the juice of organy ſome cloves a little ſaffron let theſe infuſe all night on embers & bruiſe a handfull of organy

and put thereto & ſtill it in a plain Still tis good for the Spleen y^e^ Stomack or mother you may ſtill barm thus.

140. *To Salt Hams or Tongues.*

TAKE ſuch a quantity of water as will cover them & put in as much bay ſalt & ſalt peeter 2 parts of the former and one of the latter as will make a brine ſtrong enough to bare an egg up the breadth of a 6 pence when it is all diſſolved over the fire then boyle it till you have ſcumm'd it clean & when it is cold put in your ham or tongues & let them lye in it a fortnight then ſmoake them in chimney a fortnight longer.

141. *Dr. Moors admired Pills.*

TAKE alloes mirrh and ſaffron of each 2 drams into fine powder ſalt of wormwood and cream of tartar of each ½ a dram mingle all theſe well together and the Sirrop of ſharp citterns make it into a maſs for pills adding a drop of oyle of roſemary and when you go to bed at night take 3 pills & 3 in the morning and poſſet drink in ye workeing.

142. *To make Almond Puddings.*

TAKE one pound of almonds beat very ſmall with roſe water one pound of the beſt beef ſewit Shred very ſmall & the marrow of one bone cut very thin after it has been ſoaked to fetch out the redneſs & a quarter of a penny loaf grated boyle in a quart of cream half an ounce of mace then take ye yolkes of 8 eggs and the whites of 4 & whip them well mix theſe altogether with a little Salt and almoſt a pound of Sugar. the guts muſt be ſtript very thin and renced in roſewater.

143. *To make Sawcidges.*

TAKE 2 pound of porke or veale and one of beef ſewit, mince it as ſmall as poſſible and put to it a handfull of chopt ſage & a quarter of a penny loafe grat'd & almoſt a quarter of an ounce of pepper one nutmeg with cloves enough to make it a quarter of an ounce & almoſt double to the quantity of Spice in Salt mix all theſe very well together with ye yolk of one egg & rowle them up of a convenient length they muſt be fry'd very quick.

144. *To make Whipt Sullibubs.*

TAKE a pint of white wine and 2 or 3 Spoonfulls of Sack and ſlice part of a lemon into it and let it ſtand one hour Sweeten it and put to it a quart of ſweet cream whip it and when the froth riſes put it into glaſſes.

145. *To make a Cordiall Water.*

TAKE the leaves of mint balme wild time marjorum meadſweet the roots of avens of each 2 handfulls and half the flowers of cowſlips, roſemary, red roſes, marigolds roſaſolis, burrage bugglaſe gilly flowers harts eaſe ſunflowers, of each one handfull Cinnamon and lemon peel of each half an ounce infuſe all theſe in 3 quarts of aquavite in a cold Still ſtopt for 2 days and nights then draw it off with a gentle fire if you pleaſe put into your receiver muſk & ambergreaſe of each 3 grains tyed up in a thin bag wth your Saffron paſte your Still cloſe with rye dough you may draw as much in quantity as your aquavite put into it 2 pound and half of double refined Sugar ſtiring it often that it may not Candie. Becauſe the flowers & roots & herbs are not to be had at one time you muſt as you gather them bruiſe y^{m} gently in a ſtone mortar putting to 3 handfulls of flowers herbs or roots one handfull of bayſalt mix them well

together tye them up very cloſe in an earthen pot well glazed the beſt time of gathering the herbs is mint & marjerom in may balme in April meadſweet & roſaſolis in June Avens in July Sunflower in auguſt.

146. *To Candie Angelicoe Stalks.*

TAKE young tender ſtalkes ſlit them and bruiſe them at one end that you may ſtring them then boyle them in water till they will peel and when peeled put them into other ſcaulding water covering them cloſe let them ſtand awhile over embers to green them waſh them in cold water lay them on a diſh and Strow ſome Sugar on them & ſet them on coles to dry then take near their weight in Sugar and boyle it to a candie hight then put in your ſtalks they will make your Sirrop thin but boyle them till they grow ſtiff & ſhine and your Sirrop is almoſt to Sugar again then lay them flat on a plate & ſet them before the fire to dry ſeting them ſometimes on a chaffendiſh of embers.

147. *To Pickle Kidneybeans.*

TAKE 2 parts vinegar and one water and put ſalt enough to make it bear an egg then boyle it, and when cold put in your beans, being firſt ſtrung they will keep beſt in glaſs being cloſe cover'd for uſe take as many to ſpend in 2 or 3 weeks & put them in a pipkin with half water and half vinegar and a little ſalt Stop them cloſe and ſet them over a gentle fire till they be green and tender ſo keep them in that till uſed.

148. *To Pickle Turneps.*

PARE them and cut them in thin ſlices and lay them in a gallypot ſtrewing betwixt each row groſſe pepper and a little beaten mace when they are all in pour as much vinegar as will cover them in 3 or 4 weeks you may uſe it.

149. *To Pickle Oyſters.*

TO one hundred of oyſters take a quart of white wine and all the oyſter liquor ſtrain it and boyle it and ſcumme it very well then put in a ſpoonfull of whole pepper & 4 or 5 Heads of large mace boyle them an hour and when cold put it up.

150. *To Pickle Broom Buds.*

PICK your buds whilſt they are green before they are yellow at the tops and make a brine ſtrong enough to bare an egg boyle it and when it is cold put in your buds for a month or 6 weeks then green them puting in the bottom of the Skillet nut leaves then pour in Spring water and put in the buds and lay more leaves upon them ſet them on a gentle fire and when tis almoſt ſcaulding hot pour that away and put in more cold water ſo do 9 or 10 times till they are very green pot them up in vinegar and keep them for your uſe.

151. *To make Raſberry or Currant Wine.*

TO a quart of water take a pound of Sugar and 3 pound of raſberrys bruiſe them in a ſtone morter and put them into your water and Sugar and let it ſtand 24 hours ſtiring 3 or 4 times then ſtrain it through a hair Sive or canvas bag then tun it and ſtop it cloſe in 3 or 4 weeks it will be fit to bottle it will keep a year you may make Gooſberry wine this way.

152. *To make Lemon Cream.*

PARE 6 lemons very thin and put the parings into a quart of water & let them lye in it 24 hours then ſqueeze the juice of ye 6 lemons into ye water and ſweeten it with double refined Sugar & put to it 3 ſpoonfulls of orange flower water then take the

yolks of 4 eggs & the whites of 10 and beat them well and ſtrain them into your water & ſet it in coles continually ſtiring it till it is thick enough but let it not boyle.

153. *To make Almond Cream.*

BLANCH half a pound of almonds and beat them very ſmall putting orange flower or roſe water to them put to that 7 eggs well beaten then take a quart of cream and pour part of it to your almonds & ſtrain it then pound your almonds again and put the remaining part of your cream to them do ſo again then ſet them on coles and keep ſtiring it till tis thick enough sweeten it it muſt not boyle ſtir it till it be cold.

154. *To make Snow.*

WHIP the whites of 3 eggs very well and ſweeten a quart of cream and put to them then whip it together then put to it 3 quarters of a pint of white wine and as much Sack continue whiping it till it is very light & as it riſes take it off & lay it on what you pleaſe.

155. *Sirrop of Buckthorn Berrys.*

TAKE 2 quarts of the juice of the berrys and boyle it in a pipkin to one quart put to it 2 pounds of white Sugar clarifye it with the whites of 2 eggs beaten to a froth ſtrain it through a cotton bag then boyle it to a Sirrop with a little cinnamon mace and Shred nutmeg put in a bag and wroung now and then when it is cold bottle it up for uſe. In all Hydropicall and Scorbutical Diſtempers 3 ſpoonfulls is a reſolveable doſe & a proper medecin taken in white wine.

156. *To pot Beefe.*

TAKE 6 pound of lean beef without ſkin or ſinews and one pound & half of fat bacon ſlice both thin and pound it in a ſtone morter and ſeaſon it with a quarter & half of an ounce of cloves and as much pepper and a good nutmeg & as much Salt as Spice mix it very well and when it is baked pour y^{e} gravey from it preſs it abroad in a pot when it is cold cover it with butter melt'd it will keep half a year if not cut you may do fat beef thus only leave out the bacon.

157. *To make a Cake.*

TAKE 5 pound of flour & dry it well and 5 pound of currants and one of chopt raiſons and mix with the flour then take half an ounce of cinnamon a good nutmeg half a quarter of an ounce of mace & one pound of Sugar and a little Salt and mix with it near the fire then take almoſt a quart of cream and melt it in a pound and half of good butter make 2 holes in the flour and put this into one then beat 16 eggs but half the whites and ſtrain them with a pint and half of good ale yeſt put to it Sack and roſewater a quarter of a pint of each mix it and put it into ye other hole of your flour, and let it ſtand againſt the fire to warme then mix it near the fire and cover it with a hot cloth for a quarter of an hour to riſe then ſtrow in a quarter of a pound of carraway comfets let it take ye air as little as poſſible ye oven muſt be hot an hour will bake it.

158. *To make Jelly of Currants or any other ſuteable fruit.*

STRIP your currants into an earthen pot & ſet it into a kittle of water let it boyle till they are broken then ſtrain out the jelly from them and the weight of it in loafe Sugar put the Sugar in your pre-

ſerving pan with water enough to melt it, then put in your jelly let it boyle & ſcumme it as the ſcumme riſeth till it comes to a thick jelly but not hard you muſt ſtop ye pot very cloſe that the water get not into it.

159. *For the Yellow or Black Jaundiſe.*

MAKE a wine pint of clear white wine poſſet drink without curd then take half a quarter of an ounce of the oldeſt caſtle Soape you can get ſcrape it thin and put it into as much of the poſſet drink very hot to deſolve the caſtle Soape as the party can well drink at a draft drink it as warme as you can going to bed and in the morning faſting the remainder of ye poſſet drink faſt at leaſt one hour after it thus do 3 nights and mornings and y^{n} but once in a year unleſs occaſion be to take it oftner & t'will cure them.

160. *For Deafneſs by reaſon of a Cold.*

TAKE a drop or 2 of the oyle of rue heat it and drop it into ye ears and beſure to keep the head warme.

161. *To take away the Felme out of the Eyes.*

TAKE a new laid egg and make a little hole in the top or one end and take out the yolke and white of it and put in fair running water or red roſe water or fennell water a white copperice bruiſed and as much comeing ſeed as you can hold between a finger and thumb and put them all into ye egg ſhell and put y^{e} ſhell upon ſome coles & let them boyle a little & let it ſtand till tis cold & nights and mornings drop a drop or 2 into the eye & cloſe the eyeled upon it and in a little time twill cure them.

162. *For a Swelling in any part.*

TAKE a quart of ale or ſtronge beer growns mallows ſage and elder leaves & ſtamp them ſmall and lin-ſeed beaten ſmall and ſheeps ſewit or ſallet oyle and oatmeale and boyle them together till it is as thick as to make a poulteſs then lay it to the place ſwellen as hot as it can be endured & it is a ſpeedy remedy.

163. *For a Purge.*

TAKE a quarter of an ounce carocoſtinum with half a pint of white wine being ſteep'd in it all night the next morning drink it blood warme it will give 6 or 8 ſtools or this take ruebarbe wth red currants beaten together.

164. *To Harden ſore Nipples.*

TAKE borace a quarter of an ounce and beat it ſmall and in it a little more than half a pint of milk then put it over the fire and when it is diſſolved and almoſt ready to boyle then take it off the fire and put in a little allom in powder put in little more than will make it turn into ſmall curds that it looks pretty white then ſtrain it through a cloth from y^{e} curds and keep it for your uſe you cannot err in putting in ye borace for the more you put in ye more healing your way of uſeing it is to bathe your nipples as hot as you can ſuffer it mornings and nights and lay a cloth wet in it 2 or 3 times double upon the nipples being firſt ſinged you muſt bathe them a quarter of an hour at a time and lay on the wet cloth as hot as you can ſuffer it.

165. *For the Biting of a Mad Dog.*

TAKE filings or ſcrapeings of pewter Garlick and venice treacle beat them together very well in a morter till they come to be like a poultis lay it on y^{e} bitten place. Moulins Re:^{ct}.

166. *For a Child troubled with man wormes which often occaſions Convulſions.*

TAKE notice when you fear fits to lick in a morning faſting the childs forehead if it taſte ſalt then it hath man wormes then anoint the navell and ſtomach with oyle of wormwood 3 days before and 3 days after the full of the moon then make 2 playſters of Galbanum & lay one to the ſtomach and the other to the navell if it ſhould have convulſion fitts give it 3 drops of juice of rue 3 times juſt before ye fit comes and to ſweeten the mouth give it what you pleaſe.

167. *Another aproved for Convulſion Fitts.*

TAKE a good ſound nutmeg the ſame weight in cloves and likewiſe of mace breake theſe ſpices very ſmall and boyle them in a quarter of a pint of ſtrong aquavite till it comes to the conſiſtence of methridate Spread half of this on a ſcarlet cloth & apply it to y^{e} Stomach this uſually cures at once but never fails at twice when a fitts comeing.

168. *Cracknell Paſte.*

ONE pound of flour one pound of fine Sugar 2 yolkes and one white of an egg half a quarter of a pound of butter 2 ſpoonfulls of roſe water colliander ſeed prepared make it up with thick cream.

169. *Jumble Paſte.*

2 POUND of flour half a pound of Sugar the yolkes of 7 eggs colliander ſeeds prepared make it up with thick cream.

170. *Dr. Burgeſſes Re:^{a} againſt Ye Scurvy.*

TAKE a quarter of a pound of Gwacombewood and boyle it in a pottle of fair water till it comes to a quarter take thereof a mouthfull rowling it to

and fro a little time then put it out and preſently take another mouthfull & ſwallow it then take another & rowle it on your mouth a quarter of an hour do thus 12 times a day.

171. *For the Stone.*

TAKE 3 quarts of white wine and 2 ounces of beaten annyſeeds 2 ounces of liquoriſh a good handfull of burdock roots all theſe you muſt boyle in y^e^ white wine till one half be conſumed & ſo take it as often as your ſtomach will digeſt it taking nothing between.

172. *Pills to kill Wormes and Open Obſtructions.*

TAKE one ounce of alloes waſht clean in damaſk roſe water half an ounce of mirrhe half an ounce of ſaffron & a dram of rubarb make them into a maſs with Sirrop of lemons, and 3.of them take when you ſee occaſion about y^e^ bigneſs of a ſmall peaſe at night going to bed.

173. *For a Rupture.*

TAKE Snails & dry them well & beat them to powder & drink ye powder in drink.

174. *For the Megrime in the Head.*

TAKE goates dung and mix it with vinegar of ſquils and anoint the head and temples therewith. or this, frankinſence mirrh and an egg beat them together & apply it to the head and temples.

175. *For the Dropſey.*

TAKE green broom 3 handfulls and burn it to aſhes and ſteep it in a pottle of white wine all night then ſtrain it and drink a wineglaſs of it every morning then afterwards take a greater quantity of green broomes 2 gallons of ſweet wort & boyle it and put it into a runlet w^th^ elecampane or liquoriſh.

176. *Againſt the Plague.*

TAKE a handfull of elder leaves and a handfull of rue & as much brown Sage a handfull of wormewood & a handfull of brier leaves ſteep them in ſtrong beer or white wine 2 quarts take 2 ſpoonfulls at a time morning and evening & walk half an hour after it.

177. *Dr. Smiths Rare Reª for Yᵉ Itch.*

TAKE of the oyle of roſes or the beſt oyle of olives an ounce & half rock allome, flour of brimſtone ſalt of prunella of each 2 ſcruples, Roman vitriol a ſcruple let all theſe be finely powder'd & well mixt with ye oyle then add to all theſe as many drops of oyle of Rhodium as will give it a ſweet ſmell. anoint herewith ye wriſts and joints affected. Tis an excellent good one.

178. *Aquamirabilis.*

TAKE mellilot, cubibs, gallingall, mace, Ginger cloves beat all theſe to fine powder ſteep them all night in 3 pints of the beſt white wine one pint of aquavite & half a pint of the juice of Sallendine being paſte all night & ſtill it off next morning with a ſoft fire.

179. *For a Sore Mouth or Throat.*

TAKE a quart of milk and put into it a good handfull of woodbine leaves and a handfull of brier leaves a handfull of collenbine leaves and boyle all theſe till half be conſumed when it is almoſt enough pound 3 or 4 almonds and put into it and a good ſpoonfull of honey of roſes & when tis enough ſtrain it & drink it as hot as you can.

180. *For the Yellow Jaundiſe.*

TAKE horehound 2 ounces hops one ounce egrimony bugloſs roots elecampane roots of each half a dram lignum alloes a dram & half boyle all theſe in 3 pints of white wine to the conſumption of a 3^{d} part when it is cold but the liquor from the herbs without ſtraining it but if the party be feavoriſh then boyle the herbs in half hyſſop water & half white wine & do as you did before take 5 ſpoonfulls of this drink Sweetened with fine Sugar every morning faſting 2 hours after it & as much every night y^{e} laſt thing going to bed.

181. *Dr. Burgeſſes Receipt againſt Y^{e} Plague.*

TAKE 3 pints of the beſt m'uſkadine or malmeſey boyle therein rue and Sage of each one handfull untill a pint be conſumed then ſtrain out the herbs hard then ſet the liquor on the fire again and put thereto long pepper ginger cutcheneale or grains of each an ounce a quarter of an ounce of nutmegs all beaten to poweder let all theſe boyle together a little then take it off the fire and put therein an ounce of the beſt methridate 2 ounces of y^{e} beſt treacle and a quarter of a pint of angellicoe water keep this and your life above all worldly Treaſures take it always warme morning and evening a ſpoonfull at a time but if infect'd 2 ſpoonfulls this is good againſt the plague y^{e} ſweting diſeaſe, the ſmallpox, meaſells ſurfets all peſtilent diſtempers and feavours uſed as followeth take a ſpoonfull of it when you firſt fall ſick & ſwet 3 hours in bed after it & then carefully taken out of it if they are dry they muſt drink poſſet drink with marygolds boyled in it & drink nothing but caudles & warme drink at other times.

182. *A Cordiall Water of Dr. Stevens.*

TAKE ginger cloves mace cinnamon nutmegs gallingall grains, fennell ſeed annyſeeds carraway ſeeds groomwell ſeeds of each a dram liquoriſh 4 ounces avens cammomile, pellitory of the wall balme red roſes garden time roſemary lavender flowers wild marjerom baſill mints ſage penny royall of each a handfull beat y^e^ ſpices very well ſhred the herbs and ſteep them in a gallon of claret wine 24 hours then ſtill it in a glaſs ſtill or Limbeck.

183. *For the Sinking of the Pallet.*

TAKE a dryed walnut and pound the ſame and pour therein as much aquavite as you make a little pap thereof and ſpred it on a little cloth or tow and aply it to the crown of the patient bind the ſame ſtiffly thereon and it imediately aweighteth the pallet but if it were deſcended exceedingly then add as much frankinſence as the walnut.

184. *For an Ache or Bruiſe.*

TAKE one pound of Sage one pound of rue half a pound of wormwood half a pound of bay leaves cut them ſmall and beat them in a morter then take 3 pounds of Sheep ſewit ran from the caul mince it ſmall & put it in a morter to the herbs beat them together till the ſewit be not ſeen and till the herbs be all of one colour then take it out of the morter and put it into a baſon put into it a pottle of ſallet oyle and work it with your hands into the herbs till it be all of one ſoftneſs then put it into an earthen pot & cover it cloſe ſo keep it 8 days then take it and ſeeth it in a braſs pot till the ſtrength of the herbs be boyled out then ſtrain it through a canvas cloth and put it into a clean earthen pot and anoint the pain therewith evening and morning laying thereto a warme linnen cloth.

185. *A Poultiſe for the Kings Evil.*

TAKE a buſhel of foxglove flowers the green pluckt from them and ſtamp them as ſmall as poſſibly you can and put them into pipkin never uſed before and put them to 3 pound of butter never ſalt'd before and boyle them together a full hour and if they are boyl'd to dry put more butter to them y^{n} let it ſtand till tis cold & keep it for uſe.

186. *The Imperiall Water.*

TAKE bittony ſcabious pimpernell, dragons, Tormentill roots & all burnet leaves and knots of each 4 handfulls pick your herbs & waſh or ſcrape your roots lay them on a clean table 3 days to wither then chop the herbs and roots together and put them in a clean earthen pan then put as much whitwine to it as will throughly wet the herbs & let it ſtand 24 hours cloſe covered then diſtill it in an ordinary ſtill to this water put a peck of burrage or buglos flowers 2 ounces of good methridate or Treacle and 3 penny worth of turmerick roots a quarter of a pound of liquoriſh a handfull of anyſeeds a little ſaffron 4 ounces of hartſhorne let it infuſe 24 hours then diſtill it again & as much loafe Sugar into y^{e} glaſs to ſweeten it to your taſte.

187. *The Palſey Water.*

TAKE ſage roſemary bittony flowers of each half a handfull burrage and burglaſs flowers and flowers of lilly of the valley of each a handfull ſteep theſe in ſpirit of wine muſkadine or aquavite each one in their ſeaſons till all may be had then put to them balme motherwort ſage leaves, leaves of orange trees and the flowers if to be gott of each one ounce put them into the reſt and as many Lavender flowers ſtript from the ſtalks as will fill a gallon glaſs ſteep all

theſe 6 weeks or 2 months then diſtill them in a Limbeck then put into y^e^ water citheron peels dry'd & piony ſeeds of each 6 drams of cinnamon half an ounce nutmegs and mace cardimums cubibs and yellow ſanders of each half an ounce lignum alloes one dram make all theſe into powder and put them into the diſtilled water and put to them Jubebs new and good half a pound, the ſtones taken out & cut ſmall cloſe the veſſel very well with a double bladder let them diſgeſt 6 weeks then ſtrain theſe hard with a preſs & filterate the liquor and put thereunto prepared perl Smaragdis muſk ſaffron of each 10 grains of ambergreaſe one ſcruple red roſes well dry'd red and yellow ſanders of each 1 ounce hang theſe in a ſarſnet bag in y^e^ water ſtop it cloſe.

188. *The Vertues of the Palſey Water.*

IT is of exceeding vertue in all ſounding fits in weakneſs of heart decay of ſpirrits it reſtores ſpeech in apoplexies and palſeys helps all pains of y^e^ joints occaſioned by cold, and bruiſes outwardly bathed and cloths dipt in it and laid to the place it Strengtheneth all animall and natural ſpirits & cleareth the externall ſences, Strengtheneth the memory reſtoreth loſt appetite helpeth all weakneſs of the Stomach being both taken inwardly and bathed outwardly it taketh away the giddineſs of the head, it helpeth the hearing, makes a pleaſant breath reſtores the loſt ſpeech helpeth all cold, diſtempers of liver and the begining dropſey helps all cold diſeaſes of the mother. in Sum none can expreſs the vertues of this water. Take bread crums and Sugar of each a like quantity wet it very well with this water, takeing it in the morning faſting & as much at night going to bed if need is but if a fit of the dead palſey or apoplexie you muſt give as much every hour to reſtore ſpeech.

189. *To make Veale Collops Jn° Raiſyes way.*

TAKE fat and leane veale ſliced thin & well beaten with the back of a knife then lard them if you pleaſe put 2 anchoves, nutmeg grated ſome pepper & ſalt into the frying pan with your meat then frye it very leaſurely in freſh butter elſe it will turn to oyle, when it is enough pour away the butter then take 6 yolks of eggs well beat with a little vinegar then have ſome freſh butter ready drawn up to pour into your eggs this being done pour it all into your frying pan upon your meat and ſo ſhake and toſs and mingle it well together then put it into your diſh ſqueezing in ſome juice of lemon & lay ſome ſlices over it & ſerve it in to be eaten while hot beſure to fry the meat very leaſurely elſe it will be hard.

190. *John Rayſies Beefe Collops.*

TAKE fat and lean beefe ſlice it thin with your minceing knife chop it tender take an oynion and quarter it and ſome ſweet herbs ſhred, fry your meat with the gravie that comes out of it and half a pound of freſh butter then pour off that gravie from it and let it ſtew in a diſh for ſauce then take another half pound to frye up your meat then take the meat clean out of the laſt butter and take out your onyons ſeaſon it with ſome nutmegs & ſalt before you put in the ſauce to ye meat then put in the ſauce & ſerve it up with lemon as the foregoing was & to be eaten hot.

191. *The Lady Buttons Melancholy Water.*

TAKE of wall Jilly flowers 4 handfulls, of roſemary flowers 3 handfulls of Damaſke Roſe leaves & cowſlip flowers a like quantity of burrage & bugglos flowers of each 2 handfulls a like quantity of primroſes and clove Jilly flowers balme leaves and pinks of each 6 handfulls, of marygolds 2 handfulls of

cinnamon groſſly beaten half an ounce 2 nutmegs 3 pennyworth of engliſh ſaffron 2 orange peels 4 ounces of blew figs Steep them in Sack enough to cover them, and as you add flowers add Sack when you have gotten them all together diſtill them in a cold ſtill & cover them in the ſtill with Sack & when all is drawn off you muſt put into your water before you uſe it 6 ounces of white Sugar Candie, it muſt be ſtilled with a ſoft fire or your water will be y^e^ ſmaller it is good for any heavineſs of ſpirits & may be given to weomen in travell.

192. *The Purge for Winde.*

TAKE a Dram of rubarbe and half as much Sena (if eaſy to worke) otherwiſe as much of the one as the other half a ſpoonfull of ſweet fennell ſeed the length of one little finger in liquoriſh toſed abroad a pint of white wine as much water infuſe it altogether & take half a pint & diſſolve in it an ounce of manna, & drink it when you have ſtrain'd it from the dregs, drink a ſmall half pint & when it Grumbles about half an hour after take another half pint before you take any poſſet drink when it works you may drink poſſet as with other phiſick & eat chick or hen for dinner if you like Sirrop of roſes better you may exchange the manna for it and when you expect wormes change y^e^ fennell ſeeds for worme ſeed keep warme in the taking.

193. *A purge for Spleen and Winde.*

TAKE a quart of Sider put to it 2 ounces of the roots of pollipodiume of the oake, one ounce of ſeynae, one ounce of anyſeeds let all theſe boyle gently together till half be conſumed then ſtrain it well out put to a pint a pound of ſugar then put into a thin bag theſe ſpices one ſliced nutmeg the like quantity of cloves and mace & a leſs quantity of mace &

cinnamon & 4 pennyworth of ſaffron then let it ſtand ſimmering over ye fire 3 hours till it become a ſirrop of w^{ch} you muſt take a large ſpoonfull in a quarter of pint of poſſet drink & drink poſſet drink in ye workeing.

194. *To make a Pretious Ointment for y^{e} Eyes.*

TAKE 4 ounces of may butter 2 ounces of vergins wax 2 ſcruples of Putty fully prepared 2 ſcruples of camphirr 4 ſpoonfulls of red or white roſe water, melt the butter and wax & then put in all the materialls and beſure to keep ſtirring it till it be quite cold when there is occaſion to uſe it take a little of it & put it in the palme of your hand & when ſoftned with your finger anoint ye outſide of your eyes & temples laſt at night and waſh them with white roſe water next morning.

195. *To make Currant Wine.*

LET your fruit be very ripe and gather'd on a dry day and to every 3 pound of currants good weight with their ſtalks and ſtems on take one quart of water and one pound of ſugar then put your water to your fruit and with your hand ſqueeze them through a hair ſive then put your ſugar to your juice & when it is well mingled together and the ſugar diſſolved then put it into a dry Sweet veſſel fill your veſſel quite full & let it worke a week & then ſtop it up and not tap it under 10 weeks then draw it out of the veſſel as you drink or bottle it which you pleaſe.

196. *Mrs. Herbert a Midwife her Receipt againſt Miſcarrying.*

TAKE oake buds before full blown and ſtill them in a cold ſtill 3 times over put on your firſt water on freſh buds next water on ye 3^{d} freſh buds w^{ch} will then be ſtrong enough ſo keeping for uſe and let the

woman that doubts miſcarriage if at any certain time let her begin to drink this water a month before her uſiall time of miſcarrying and ſo drink it 2 months together about 5 ſpoonfulls every morning faſting an hour after it at any time of the day and then reſt but on any fright or Longing or any other occaſion whilſt with child ſo as may give a fear of miſcarrying this water may be taken at any time of the day again & thus diſtilled twill hold its vertues very effectually 2 years.

197. *Mr John Aſhfields Re[a] againſt a Cold.*

AN ounce of conſerve of red roſes of dyaſcordium the quantity of a nutmeg one ſpoonfull of the Sirrop of poppeys and 3 drops of the Spirrit of vitriol all theſe well mixt and take morn: & evening the quantity of a nutmeg faſt 2 hours after it.

198. *The Black Plaiſter good for Sprains Aches Wens Sores new or old.*

TAKE 3 quarters of a pound and better of pale yellow vergins wax and a pint of Sallet oyle mingle both theſe together the wax being ſliced thin in a fair braſs baſon or pan then take half a pound of the beſt white ledd in fine powder then take the oyle and the wax from the fire and let it coole a little then put in ye ledd leaſurely and ſtir them together then ſet it over the fire and boyle it half an hour then take it from the fire and to it put 2 ounces of frankinſence and 2 ounces of maſtick both finely powdered 2 ounces of mirrh 2 ounces of obliven in fine powder ſet your pan into another for fear it ſhould run over when all the ingredients are in Stir it till it hath done riſing, ſet it on the fire and let it boyle half an hour more, keep ſtirring it all the time then take it from the fire and put in 4 ounces of Camphire in powder then ſet it on again & boyle it till tis black then make it up in rowles oyleing your hands y[e] older the better.

199. *To make Sack thin when it is Ropy.*

TAKE to 20 gallons of ſack 1 pound & half burnt allome 2 ſpoonfulls of bayſalt beat all this together half an hour & then put it into your veſſell & ſo let it ſtand a week before you perſe it.

200. *Againſt the Stone in y^e^ Kidneys or Bladder.*

TAKE oyle refined and mix with it Sugar and juice of Lemons it is ſaid to diſſolve the ſtone in the bladder to my Lord Savill.

201. *Dr. Butlers Powder againſt the Stone.*

TAKE nutmeg and ſugar refined well beaten and mixt together ſo take a ſpoonfull of it every morning in a little quantity of white wine.

202. *For the Goute.*

TAKE raiſons of the Sun beaten to a conſerve & ſpread upon white ſoft leather laying it to y^e^ greeneſt place freſh and freſh as you find it dry but it need not till it be quite dry. probatum.

203. *For a Sore Throat.*

GARGLE it well when you go to bed with allome poſſet drink and if very ſore towards a quincey then lay y^e^ curds warme to your Throat. Probatum.

204. *For a Cold.*

TAKE a pint of milk boyle in it a large onion and at night when you go to bed take out your onion put thereto 2 or 3 ſpoonfulls of roſewater ſweeten it either with Sugar or honey of roſes & ſo drink it warme in your bed 3 nights together forbareing your ſupper thoſe nights you take it. probatum.

205. *For the Piles inwardly.*

TAKE pilewort leaves and roots with the flowers of Elder buds the like quantity chopp them ſmall and boyle them in hogs Lard till it looks green over a gentle fire then ſtrain it and put in freſh herbs ſo do till it is of a very deep green ſtrain it and keep it for your uſe take ſome mutton ſewit & mix with the ointment and make it into ſuppoſitors.

206. *A Gliſter for the Piles inwardly.*

MAKE water into a warme pot & put it into a gliſter bag take it preſently before it be cold you take one of theſe gliſters every other day and when you do not you muſt uſe the ſuppoſiter but if you are in great pain you may uſe them at any time for they do not worke if you boyle pilewort in broth or grewell it will do much good, if the pain be violent take 2 quarts of ſcumme milk put in a good many turnips ſliced and a great deal of the inner rine of Elder boyle them together 2 hours and pour it into a cloſe ſtool boyleing hot and ſet over it as hot as you can poſſibly endure it this cures ye pain be it never ſo violent if often bath'd with it & twice a day apply'd hot to ye place.

207. *How to dry Flowers.*

TAKE ſingle pinks and take ye leaves out of ye huſks and cut y^{m} ſomewhat Long leaving ſome of ye white to ye leaves then put them into a flat glaſs wherein you have mingled half a ſpoonfull of Aquafortis with 12 ſpoonfulls of water and when the leaves have layne in the water half an hour or more take them out one by one and lay them on a paper y^{e} right ſide down not to touch one another and after an hour or 2 when the water is well dryed up (as it will if the paper be laide on a woollen cloth) then ſtrow them over with fine dry ſand till they be all

cover'd ſo let them lye a fortnight in a place where the ſun comes in, in which time they will be dry and ſtiff then take them off the fire one by one ſhaking off the ſand and wipe them between your fingers lay them in boxes till the winter each colour by themſelves and then bind them up together by the white part of the leafe that remains till they be of what bigneſs you pleaſe and ſo put them into the green huſk which muſt be kept for them, pickt early in the year they will keep the better takeing the natural flowers out of' them, rowle a little piece of paper up and fill the huſk with it lay them alſo in ſand till they be dry uſe no water to them when you put your flowers into the huſk faſten them with a private ſtick by ye green ſilk you bind them up withall with a fine needle at the bottom of the huſk. So many ſeverall colours as you have muſt be put in ſeverall glaſſes of water or the colours will not be perfect, Roſe buds are only laid in water 2 or 3 hours and laid out on a woolen cloth to dry without ſand, for marygolds, primroſes, or larke heels or the like are only in ſand without water. Experience muſt be ye beſt M^rs^ to teach this art.

208. *An Aprov'd Diet Drink to be taken every Spring and Fall from the Firſt of September to the* 1^st^ *of October & from y^e^* 1^st^ *of April to the Laſt.*

TAKE 4 gallons of the ſtrongeſt wort boyle it to 3 gallons tun it up with good ſtore of barm that it may work well then make a Canvaſe bag with a heazel ſtick thruſt through it and ſo faſten the bag to the ſtick that it may not go within 3 inches of the bottom of the barrell nor float on the top put theſe following ingredients into the bag 6 ounces of ſcena 6 ounces of polipodium of the oake 7 ounces of bayberrys huld 2 ounces of anyſeeds 3 ounces of aiſhen

keys bruiſed 2 ounces of ſarſafrage wood, 2 ounces of ſaldonella, 2 drams of rubarb, let all theſe be groſſly powdered except the ſcena, and when it hath done workeing ſtop it up cloſe leaving ſome barm on the top in 3 or 4 days you may drink of it half a pint in the morning and 3 quarters of a pint in the evening, drink a draught of brothe an hour before dinner & when you go to bed keep yourſelfe warme dureing the time y^{e} more you exerciſe your body ye more twill work. Probatum eſt.

209. *For Proud Fleſh.*

TAKE half a pound of Sheeps Sewit finely ſhred and melt it then ſtrain it and put half a pound of rozin finely beaten when the rozin is melted put in 3 penny worth of turpentine and boyle it a little together Keep ſtiring it; then pour it into cold water and keep beating of it (changeing y^{e} water) till tis white.

210. *To dry a Hamm the beſt Way.*

LAY your ham before a Good fire turning it ſometimes till it is very hot then pound 2 penny worth of Salt peeter very ſmall & rub on it & cover it over and under with half a peck of bay ſalt which has been heat very hot in a frying pan till it has almoſt done ſnappering & pour it hot on the ham when the ham is hot let it Lye in the ſaltpeeter a fortnight y^{n} ſmoke it.

211. *To waſh Poynt or any Sort of Lace.*

MAKE you a board of well ſeaſoned Dry Deale, of 3 boards in bredth well Poynted, and as long as anything you deſine to waſh on it naile or brace on a flaxen Cloth very tight ſew your poynt and lace by the purl and footing very ſtreight on the cloth, then ſew or pin very ſtreight over it a thin canvas or bolter cloth, Soap it all over & pounce it wth a bruſh and

warme water (but gently) till your Ladders come clean y^{n} rince it well and ſtarch it (with white ſtarch of a thickneſs juſt to Jelly when it is cold) with a ſpunge but leave not much on it you muſt dry it quick (if you cannot abroad) by the fire for fear the board ſhould ſtain when it is very dry pull off your upper cloth haſtily to raiſe a nap on it, then rip it off. Grey lace muſt be ſtiffned with Iceingglaſs which has been aſoke over night & boyle thin.

212. *A Diet Drink for the Kings Evil.*

TAKE a handfull of egrimony one handfull of wood Bittony 2 ounces of Lignum vite; 2 ounces of ſcena 2 ounces of Sarſaparella, 2 penny worth of ſarſafras, half an ounce of rubarb 2 penny worth of Hermidatis, Pethimony and Stigados of each one penny worth fennell ſeeds and Annyſeeds of each one ounce, a pound of raiſons of the Sun, 2 pound of Engliſh liquoriſh, waſh the herbs, Stone the raiſons, Scrape and ſlice the reſt and bruiſe the ſeeds and put them into 2 gallons of fair conduit water and let it ſimmer half a day till it comes to one gallon, Strain it and when cold bottle it ſtoping it cloſe and when you uſe it your Diet muſt be only dry bread & raiſons of the Sun and mutton roaſted dry without baſting. Drink mornings & afternoons & at night about a Dozen ſpoonfulls at a time. Probatum eſt.

213. *To make Counterfeit Nants Wine.*

TAKE 12 pounds of malliga raiſons and ſteep them in 8 gallons of water about 10 days then barrell up the liquor and put to it a gallon of the juice of elder berrys ſet it in ſome warme place that it may work and when tis fine bottle it up and drink it half a year old half the quantity of freſh reaſons put to the firſt & half the quantity of juice will make a ſmaller ſort of wine and may be drank in a little time.

214. *A Varniſh for Deal Floor'd Rooms.*

TAKE Indian red a quarter of a pound half a pound of yellow oaker let them be ground by a grinder of colours as for painting, put theſe together and mix them thin with linſeed oyle and put ſome drying oyle into it waſh the rooms with a cloth.

215. *To make an Oatmeal Pudding very good.*

TAKE a pint of great oatmeal ſet it on the fire in a pint and half of good milk or cream 3 ſpoonfulls of roſe water a large flake of mace when tis well boyled put it into an earthen pan and let ſtand all night next day put to it 2 eggs a pound of beef ſewit a little canded citheron & orange peel (if you like it) ſweeten it to your taſte and put to it a cold cuſtard made as followeth Take a pint of ſweet cream, boyle it with mace put to it ye yolks of 6 eggs & 2 whites ſtir it till it be cold add a little more roſewater put ſome bits of marrow on top and let it ſtand a little in a moderate oven ſo Serve it in.

216. *For Mother Fitts in a Woman.*

GET the after birth of a woman with her firſt child take off the ſtring then put it into a pot with 3 nutmegs ſhaved thin a pinte of white wine a handfull of ſweet time put theſe into an oven to dry it till it will powder and ſearch it through a fine ſive. Give as much every morning and night as will lye on a 6 pence in a Spoonfull or 2 of Sack take it Spring and fall for 3 changes of the moon 3 days before the new moon & 3 days after & 3 days before the full.

217. *The Milk Water.*

BALME ſpearmints, wormwood, of each 6 handfulls 12 handfulls of cardus all Shred lay theſe all night to ſteep in 6 quarts of new milk and the next

morning draw it off. Ye Lady Downs adds angelicoe & to every ſtill full an ounce of liquoriſh & ſweet fennell ſeeds.

218. *For Deafneſs.*

PUT ground Ivy one leafe into each ear rowle it up but not too hard put it in freſh morning and evenings.

219. *A Water for any Sore or Sore Eyes.*

TAKE 2 ounces of allume one ounce of white copperis, half an ounce of bayſalt, boyle theſe in 2 quarts of runing water till half be waſted and when tis cold put into the bottle with it one penny worth of camphire then ſtop it cloſe and twill keep 7 years.

220. *For Convultion Fits.*

TAKE ſingle piony roots take of the out ſide and cut them as thin as Groats Dry them on a ſheet of paper in a fire pan, pound and ſearch them fine and give to a child as much as will lay on a ſilver 2 pence in a ſpoonfull of ſmall beer and give another after it give this twice a day, 3 days after the change and full of the moon, and if continue make a Iſſue in the arme if the convultion be in the head Take a grain of muſk divide it into 2 parts put it into a little linnet and tye it up in fine rags and put them into the ears and let it ſtay there a month. Take featherfew and wormwood of each a like quantity ſtamp them and take the juice put to it a little Crab vinegar and ſhave in a little aſſafetita wet 2 pieces of old cloth in this and put them over ye ears & let them come out over ye face to reach the noſe that the child may always ſmell it.

221. *Another for Convultions.*

TAKE a Cat of a quarter old or younger (for a boy a She cat for a Girl a he cat) cut off the head and hold the head in one hand and the body in the

other over a baſon that you may catch the blood that comes out of both parts, then take the breaſt milk of a healthy woman (if for a boy a girls milk and if for a girl a boys milk) then take a little of the blood alone and anoint the ſtomach with it, then put 2 ſpoonfulls of ye milk and mix it well with the reſt of the blood, then ſet it on a Chaffendiſh of coals till tis warme then take it off and ſtrain it and give the child as much as it will drink and faſt an hour after it give this but once and that as ſoon as a fit is paſt let the child have a little aſſafetita ty'd in a rag & hung about the neck, dip it in Crab vinegar often.

222. *The Water for the Fits.*

TAKE rue feverfew wormwood of each a like quantity and now & then when fainty or in a fitt ſweeten it with Sirrop of Jilly flowrs give 2 or 3 ſpoonfulls.

223. *For very ſtrong Fitts or Fitts in Great People.*

TAKE the outlandiſh ſingle piony roots and cut off y^e^ outſide of them then ſlice them as thin as poſſible and dry them juſt enough to be made into fine powder give to a child as much as will lye on a 2 pence and to a great body twice as much 3 days before the full and 3 days after the ſame time before and after the change in a ſpoonfull of black cherry water and at any time if the fits be ſtrong you may give it after the fit is juſt over and give 2 ſpoonfulls of the water after it.

224. *Another for Convultions if that ſhould faile.*

TAKE the miſſleto that grows on an oake (if you can get outlandiſh tis the beſt) the leaves of it you muſt dry on a ſheet of paper make it into very fine powder and give it by the former method but you may change the black cherry water and give it in

water from green miſſleto if you can get it. beſure let not thoſe y^{t} are troubled with fits eat anything hot that is made of flour as pudding or hot bread nor any thing of that kind. Let them drink almond drink to a quart of water put a quarter of a pound of blancht almonds ſtamp them very fine then pour ye water upon them, then pound them again then ſtrain y^{e} water through them again do so 3 or 4 times till all the goodneſs is gone then ſet it on the fire and let it boyle a little then ſweeten it to your taſte (you muſt ſcumme it) Take 3 or 4 ſpoonfulls at a time they may eat eggs or pottatoes or any ſuch light food. Let them eat alſo as followeth Steep a good handfull of great oatmeal (juſt bruiſed) in a quart of water the next morning ſtrain it out and boyle it to a jelly.

225. *For Cankers in Man Woman or Child.*

TAKE a new laid egg break the little end pour out all the inſide pull out the bottom ſkin and turn the egg down to let out all ye water then take half the yolke of the egg one ſpoonfull of honey if for a child 5 tops but for a great body 7 buds of Southernwood ſhred as ſmall as you can, grate in as much ginger as will lye on a groate beat all theſe together till they look whitiſh then boyle it in y^{e} egſhell ſet in the embers ſtiring it with a flat ſcuve and when the Southernwood turns brown then ſtrow in as much common allom as the bigneſs of a hazle nut pounded fine let it boyle a little longer then take it off and let it coole. put it cold into the mouth if in the throat ſwallow a little (but dont rub the mouth) y^{e} 1st thing in ye morning faſt almoſt an hour after it.

226. *To draw up the Pallet.*

TAKE aquavite q^{rt} white 2 ſpoonfulls thicken it with grated nutmeg and put ſome of it pretty thick juſt on the cloſe of the head behind & wind the

locks round a bodkin over it to keep it faſt on (and not remove in 2 or 3 days) & ſtrike up the head and temples with it if the pallet be inflamed bleed in the arme.

227. *A Water for Fits.*

VERVAIN feverfew wormwood of each a like quantity diſtill it and take 3 or 4 ſpoonfulls at a time ſweeten'd with Sirrop of Cloves.

228. *For a Purge that works upward.*

TAKE 12 bay leaves and riſt them a little lemon peel a few cloves a little ſliced nutmegs boyle theſe in vinegar and let the perſon hold his mouth open over the ſteem of it this will ſtop any vomiting.

229. *A ſtrong Vomit for the Falling Sickneſs.*

TAKE fox glove leaves and ye leaves of oake fern of each a handfull boyle them in a quart of ale divide it into 3 parts and take it 3 mornings as vomits are ordered.

230. *A Pomatum for the Face.*

TAKE 2 ounces of the oyle of benn half an ounce of Spermacitty 1 ounce of Deers ſewit if you uſe all Spermacitty you muſt have an ounce & half.

231. *A Pectoral Drink for a Cough.*

TAKE 2 quarts of middle beer maiden hair hiſop and roſemary of each a handfull half a pound of ſliced landfiggs a pennyworth of annyſeeds bruiſed and a pennyworth of liquoriſh ſliced boyle theſe together till it comes to a quart then ſtrain it and ſweeten it with an ounce of white Sugar Candie take 4 ſpoonfulls in the morning and as much at night ſhaking the bottle before you pour it out.

232. *To make Black Cherry Brandy.*

TAKE a dozen pound of cherrys pickt from the ſtalks and bruiſed put a gallon and half of brandy 3 quarters of a pound of double refined Sugar, cloves, mace and cinnamon of each a pennyworth 1 nutmeg ſliced put it into a great glaſs or runlet and let it ſtand cloſe ſtopt 3 weeks then draw it off as much as will run clear if you pleaſe put up more brandy to ye reſt according to your judgement and ſtop it up cloſe again.

233. *For a Looſeneſs in a Lyeing Inn.*

TAKE 3 nutmegs and grate them and an ounce of loafe Sugar put theſe into a quart of Spring water and boyle it to a pint and give 2 or 3 ſpoonfulls at a time.

234. *For the Palſey and Giddineſs in the Head.*

MAKE conſerve of Roſemary flowers Bittony flowers Sage flowers ſeverally begin with the roſemary Take the bigneſs of a large nutmeg at a time laſt at night and firſt in the morning for 3 days y^{n} reſt 3 days and do ye like by the bittony then reſt 3 days again and in like manner take the Sage and ſo go round again as often as is occaſion for it with theſe or at any other time drink ſome of Dr Stephens water to be found at ye 182 Rect.

235. *For the Wind in the Blader.*

TAKE 9 bees pound them and put them to a quarter of a pint of ale ſtir it well together and ſtrain it ſweeten it with honey give it the afflicted perſons to drink they muſt till it has work'd.

236. *An Ointment for the Gout or any Swelling.*

TAKE cammomile tops and liverwort (after the woollyneſs is cropt off) of each a good handfull waſh them clean and dry them in a cloth mince and

bruiſe them then boyle them in a pipkin or bellſkillet in a quart of ſweet cream till it comes to butter then ſtrain out ye herbs and keep it in a pot cloſe cover'd anoint any place that is afflicted this muſt be made in ye month of may.

237. *A Stagg Powder for Fainty or Hot Bloomes & Tremblings at Heart.*

TAKE the griſſle or bone that grows in the heart of a Stag dry it on paper then powder and ſearch it fine and take as much of it as will lye on a 3 pence in half a wine glaſs of Sack 3 mornings faſting, faſt an hour after it.

238. *For Deafneſs.*

TAKE the Ivy that have white ſtrings in it and pound it put ſome of it into the ear and let it lay there all night.

239. *For an Impoſthume or Gathering.*

TAKE half a pint of Sallet oyle and a good handfull of cammomile pound it and put it into the oyle in an earthen pot and ſet it in a oven or the chimney corner and let it ſtand there 48 hours then ſtrain it out and anoint the place that is ſwelled keep it in a bottle cloſe ſtopt if any inward impoſthume take venice treacle methridate and leafe gold mixt together take y^{e} quantity of a ſmall nutmeg ye laſt thing at night for 4 or 5 nights together.

240. *For a Sore Throat.*

TAKE tops of roſemary fennell ſage marygolds with the black middles ſinkfoins of each a like quantity a good handfull altogether. a little cammomile boyle it in a quart of ale till tis very ſtrong of the herbs then ſtrain it and ſweeten with honey or Sugar, you may boyle a piece of gold or a gold Ring if you pleaſe in it.

241. *For the Stone Collick, or Gravell in ye Kidneys.*

TAKE a quart of white wine or reniſh and burn it, take mouſe-ear pellitory of the wall, and nettle tops with the ſeeds and a few Juniper berrys boyle theſe in Spring water till all the vertue is out then ſtrain it and put the water to the wine and bottle it up, drink a wine glaſs (ſweetened with Sirrop of elder berrys and De-althea & horſe raddiſh and ſqueez in ſome juice of lemon) once a day. Approved Dr May.

242. *For ye Same when ye Perſon is much weakened by pain. Dr May.*

CONSERVE of roſes purſlane water, plantain water of each 2 ounces, Sugar of roſes one ounce, Red correll, blood ſtone, bole-armeniack, Braſigelata of each half a dram, troſes of amber one ſcruple, oyle of vitriol 5 drops whites of eggs beat to water ſirrop of yarrow, Comfry, Shepard pouch, Bittony of each an ounce all mixt.

243. *To make a Fume to fetch up the Mouth.*

TAKE roſemary fennell ſage, marrygolds, Cammomile and balme and ſinkfoin a few cloves bruiſed, and the rine of a lemon boyle all theſe in milk and water when tis very ſtrong put it into a cloſe mugg and put a cloth over the head and put a gold ring between the teeth to keep the mouth open and if the throat be very bad throw little bits of butter into the mouth then hold the mugg with the ſtuff as hot as you can ſuffer under your mouth and hold it till cold and try to ſleep; and beſure to keep the head warme after it.

244. *For Scalds Burns or Childblains.*

TAKE half a pound of deers or mutton ſewit pick it clean and melt it Take a handfull of the Ivy with white ſtreaks pick it clean and ſhred it ſmall and

take one ſpoonfull of gooſe dung ſet it on the fire and boyle it till the leaf will break Dry and crimp them then ſtrain it and keep it for uſe in a gallypot.

245. *A Poultiſe for Burns or Scaulds.*

TAKE half a pint of milk 2 ſpoonfulls of grat'd white bread take Singreen and cut off the red edge and pound it and take 2 ſpoonfulls of the juice and put into ye milk and bread and a ſpoonfull of damaſk roſe leaves ſhred mixt and let it boyle altogether very well to the thickneſs of a poultiſe then take it off the fire & put into it a ſpoonfull of civill or Sallet oyle. this poultiſe muſt be laid upon ye foregoing ointment till ye fleſh is grown even & then leave off this poultiſe and uſe only y^{e} ointment to ſkin it.

If the ſinews are injured take Snails with their houſe & prick them whence will come a water with which anoint y^{e} wound with a feather before you lay on the poultiſe, change y^{e} poultice twice a day.

If any watery humour feeds ye wound then make a plaiſter with y^{e} white of an egg wheat flour bole-armeniack & vinegar and lay it above the wound.

To bring the ſkin to the couler again Take a handfull of parſley roots waſht & ſcraped very clean & ſhred very ſmall boyle them in half a pint of cream and anoint therewith.

If the Scauld or burn is on the head when the wound is well anoint it with honey to make ye hair grow again.

246. *To make Pidgeons increaſe.*

TAKE 2 gallons of water in a pot or kittle and hang it over the fire, and put in half a peck of Salt, one peck of fetches 2 pound of comming ſeed and 3 ounces of annyſeeds let theſe continue over the fire till the begin to boyle, then ſtrain the ſeeds from

the liquor and diſſolve in the liquor 2 ounces of Aſſafetita, and pour in 3 ounces of oyle of Spike and a pint of aquavite wth this liquor waſh your dove or pigion holes and caſt y^{e} ſeeds on a table in the houſe for the pidgeons to feed on you may uſe this immediately after they have done breeding & a month before they begin to breed.

247. *For the Palſey.*

TAKE half a handfull of Bittony and boyle it in a pint of milk wriſt the herb before you put it in that it may be very ſtrong of it, then turn it with beer and drink a draught of it ſometimes and take roſemary and bittony of each a like quantity ſtill them and put 2 ſpoonfulls of the water in a glaſs of beer and drink it every morning faſting or ſometimes give as much powder of bittony dryed and ſearched as will lye on a groat in a glaſs of canary, or a draught of y^{e} forementioned liquor.

248. *To keep the Skin from breaking where y^{e} Dead Palſey is.*

TAKE 2 quarts of cream and one pound of mutton ſewit pickt clean and ſhred ſmall, boyle theſe together to an oyle anoint a cloth with it & lay on Searcloth-wiſe if it be on a part convenient, but if the whole ſide is dead, you muſt have enough dipt to Lay on.

249. *To draw out Fire when tis juſt burnt.*

AT firſt lay on Guzzle Dirt let it lay on an hour then waſh it off, cut the bliſter and lay on a plaiſter made with a ſpoonfull of honey and the quantity of a ſmall nutmeg of black ſoap mixt well together, let it Lay on 12 hours & then lay on the poultiſe at y^{e} 245 Receit.

250. *For the Stone.*

DISTILL 3 pints of white wine, 4 pound of onions 2 pound of Sugar.

251. *For the biteing of a Madd Dog.*

TAKE primroſe leaves and roots box leaves and pennyroyall of each a like quantity and half as much rue cut ſmall put them into a quarter of a pint of warm milk, give it to dogs, Sheep, or Cows.

252. *For a Poiſoned Dog.*

TAKE half an ounce of long pepper half an ounce of madder an ounce of white Elebore pounded very ſmall together put a 3^{d} part of it into a pint of warme milk and Give at once as much of the powder of white Elebore as will lye on a 6 pence in half a pint of cow hot milk it is a preſervative for dogs, pigs, or Cows, or any beaſt bit with a mad dog.

253. *To Roſt a Leg of Mutton.*

TAKE a leg of mutton cut out all the inſide and (leave the ſkin whole) chop it ſmall with ſewit and ſome bacon cut in long ſlips, ſeaſon it wth Salt and nutmeg Cloves and mace, Sweet marjorum & time mincet very ſmall put your meat into your leg of mutton again ſo roſt it make ſome of it into balls & ſawcidges, take a loine of mutton half roſted, cut it in ſteaks and ſtew it in water put in ſome wine and the gravey, ſeaſon it high with pepper and ſalt, put in an onion and a bundle of ſweet herbs a little Shallot a ſpoonfull or 2 of vinegar, Some orange and lemon ſome brown buds & pickled muſhrooms Take up your meat thicken it with the yolk of an egg or 2 put in a little Sweet butter & ſome Capers ſo diſh it puting the leg of mutton in the middle of the haiſh.

254. *To make an Orange Pudding.*

TAKE half a pound of almonds blancht beat them in a morter with a little roſewater Take a quart of cream and 3 quarters of a pound of Sugar, and the yolks of 10 eggs 3 quarters of a pound of butter, the yellow rines of 3 oranges mince't ſmall, mix all theſe together lay very good puff paſt in the bottom of the diſh and cover over the pudding wth the ſame 3 quarters of an hour will bake it. Some add muſke or Ambergreeſe.

255. *To make a Tanſie.*

TAKE 16 eggs and but 6 whites beat them very well put into them ſome Sugar and Sack, then beat them again then put a pint of cream boyling Coulour it with the juice of Spinnage, green wheat, or prime roſe leaves mix it well and ſweeten it to your taſte ſo let it ſtand till you frye it when firſt courſe is ſerved in then frye it with ſweet butter, it muſt be ſtir'd and fry'd very tender, & when enough diſh it Strew on Sugar & Garniſh it with orange or lemon.

256. *Sauce for Boyled Fiſh as follows.*

TAKE Sampire and capers a like quantity and a little ſcalded parſley and mince it all together, mix it with white wine wherein anchoviſe has been diſſolved, a piece of butter a little nutmeg & a blade or 2 of mace Scauld it together pour it on the fiſh & Garniſh it with lemon and barberrys.

257. *To make a Quakeing Pudding.*

TAKE a pint of cream boyle a nutmeg cut in pieces in it and a good quantity of mace, 8 eggs and 4 whites beat them and then mix them with the cream with a ſpoonfull of grated bread or biſkit & a ſpoonfull of fine flour a little ſalt, a quarter of a pound of Sugar, ſtir it well together till tis of the thickneſs of

batter take a thick bag and wet it and rub it with flour tye it up round and put it into a pot of boyleing water & turn it up and down at the 1st boyling that it may not ſettle thicker in one place than another ſo let it boyle an hour the Sauſe is white wine butter and Sugar & nutmeg.

258. *Pickle for Brawn to laſt a Quarter of a Year.*

TAKE 9 gallons of water 2 handfulls of bayſalt, or other ſalt an ounce of cloves and mace, white pepper of each an ounce & of Jamaico pepper, put it all in whole boyle it an hour boyle it in a quart of milk Scumme it clean as it boyles, leave the ſpice in the bottom for the liquor to feed on & keep it ſweet let it ſtand to cool till the next day and when cold put in ye brawn let it ſtand in a cool place.

259. *To ſtew Eels.*

CUT them into pieces as long as your finger put them into a flagon without water ſeaſon them with pepper and ſalt and nutmeg and large mace a bundle of ſweet herbs & an onion or 2 ſet the flagon in a Skillet of water over the fire ſo let it ſtue ſhake the flagon ſometimes ſoftly when they are half ſtew'd put in a ſpoonfull or 2 of white wine, Sider or vinegar & when ready put a good piece of butter into them and ſhake them in ye flagon then diſh them upon ſippets you may put in ſhrimps & oyſters if you like it.

260. *To bake a Bullocks Head.*

BREAKE all the bones when it is ſlit then ſeaſon it well wth pepper and Salt put it into a pot with ſome water (& a faget of herbs if you pleaſe) and bake it with houſhold bread while it is hot take out all the bones & place it very cloſe in a ſmall earthen pot that is very deep, and pour in ſome of the liquor

on it (whilſt hot) preſs it cloſe and when cold take it out & ſerve it at 2d courſe with muſtard and ſugar Garniſh it wth lawrell leaves & curles of the Vine.

261. *A Gooſberry Fool.*

TAKE a pint of Gooſeberrys boyle them and ſtrain them take the yolks of 6 eggs beat them and put them together a little mace ſweeten it wth Sugar to your taſte Stir it over the fire till tis thick enough.

262. *To dreſs Soales a fine way.*

TAKE a large pair of Soales and flay them on both ſides lay them in a Stow pan with ſome butter, claret wine and anchoviſe, Stew them cloſe cover'd and ſerve them to table with orange or lemon.

263. *A Paſty Cruſt.*

A PECK of flour 4 pound of butter and 8 eggs and whites. Rub the butter in breake in the eggs and mix it with cold water.

264. *Puff Paſte.*

TAKE a quart of flour and 2 eggs mix it with cold water then rowl in a pound of butter and ſtrew flour between, beat it with a rowling pin & rowle it 3 or 4 times over.

265. *Sauce for Boyled Mutton.*

PUT a good handfull of capers into near a pint of claret wine and ſome nutmeg let it ſtew on coles & ſtir in ſome butter.

266. *Sauce for Roſt Shoulder of Mutton.*

BEAT the yolks of 2 or 3 eggs very well, put into them a quarter of a pint of white wine, a whole onion a blade of mace a little ſalt, ſtir theſe over a

chaffendiſh of coles till tis pretty thick ſave the gravey of the mutton & put into it a little Samphire and capers, let it not boyle after ye capers are in, take out the onion and pour the ſauce on the mutton and ſerve it in.

267. *A White Pot.*

TAKE a quart of new milk boyle in it a nutmeg quarter'd and cinnamon take out the whole ſpice and put in ſome ſlicet manchet and cover it cloſe till tis cold then breake the bread with a Spoon put in ſome eggs ſugar & ſalt and a piece of butter, the oven muſt be no hotter than for a cuſtard, or you may bake it on a chaffendiſh of coles leaveing embers on an iron plate on y^{e} top.

268. *A Sauce for all Stew'd Meats.*

TAKE all ſorts of ſweet herbs ſome onions Shred them all together ſmall Set it on the fire in a Skillet of water and vargiſe and ſalt and mace when it is boyled almoſt away put the yolks of raw eggs and thicken it over the fire and keep ſtiring then ſtir in a good piece of butter this ſauce is proper (alſo) for mutton, lamb, the head and purtenances, or veal roſt'd or boyled.

269. *To make Almond Puddings.*

WASH half a pound of almonds in 2 or 3 waters then blanch them in cold water in which they have lain in all night then beat them very ſmall puting now and then a Spoonfull of roſewater to keep them from oyling, then put them into a quart of ſweet cream and the yolks of 12 eggs well beaten, 3 quarters of a pound of Sugar and as much butter the rine of 2 lemons pared very thin and mincet very ſmall ſtir all theſe together & bake it under puff paſte or you may beat the butter with the almonds.

270. *To make Puddings 4 in a Diſh.*

TAKE a quart of good ſweet cream & make pap with it & fine flour pour it forth and ſtir in 6 eggs ſweeten it with Sugar and a little Salt ſome grated nutmeg, a little mace, ſome roſewater, a little grat'd bread, couler one of the puddings with ſpinnage and put currants in another, & 2 plain, put them in wooden diſhes being firſt butter'd and tye a flour'd cloth over them put them into boyling water and let them boyle an hour ſtick them (when they are diſh't) the green one with roſemary leaves thick the plain ones wth blancht almonds & that with fruit with canded orange peel, y^{e} ſauce butter and ſugar and Sack & a little nutmeg you may put in ſome roſemary if you pleaſe.

271. *To ſtew Pidgeons.*

TAKE them and cut them in halfs and ſeaſon them with pepper and ſalt put the gibblets in the ſtewing, fry 6 or 7 raſhers of bacon & put into ye ſtewing liquor and all ſtew them in Sider ale and water a bundle of ſweet herbs 2 onions a piece of butter and ſerve it up.

272. *To Boyle a Powder'd Haunch of Veniſon.*

BOYLE it with a piece of beef when tis half boyled ſtuf it with time, marjerome, Savory, and Pennyroyall mincet ſmall with a little ſewit then boyle it till tis ready then lay in boyled turneps in the diſh cut in round ſlices then lay in the veniſon and ſtrew it with pepper.

273. *To Roſt a Carpe.*

OPEN and waſh it clean, Strip time parſley, ſweet marjerom of each half a handfull mince them and incorporate them in half a pound or 3 quarters of butter mould it up and put it in the carps belly & ſew

it up but firſt ſeaſon the belly with pepper ſalt and mace and a little ginger bind him on with pack thread faſt to the ſpit, baſte it firſt with butter afterwards with his own driping very often, when you feel it tender under the ſkin it is enough for ſauce take the driping of him & y^e herbs out of his belly and 3 or 4 ſpoonfulls of white wine boyle it together and ſerve it up.

274. *A Chicken Pye w^th Sweet Seaſoning.*

TAKE half an ounce of cloves mace nutmeg, a little pepper a ſmall quantity of Sugar, 2 ounces of Suckets and marrow, dates lemon peel grapes or green gooſberrys according to ye ſeaſon of the year ſo bake them and when it comes out the oven cut open the lid and pour in a caudle made with half a pint of white wine a piece of butter the yolks of 2 or 3 eggs ſtir'd over the fire till tis thick.

275. *To coller Eels.*

SKIN the eels and cut them open take out the back bone Take nutmeg cloves & mace beaten & ſome ſalt and ſtrew along ye eel & lay another eel upon that, then ſtrew more & lay on another then rowle it up round like a coller of brawn tye it in a clean cloth boyle it till it be tender in water and ſalt and a little vinegar keep it in the ſame liquor a week.

276. *To pickle Trouts or Salmon.*

DRAW them at the gills, waſh them clean and dry them in a cloth then lay them in a diſh at length & pour vinegar all over them then ſtrow ſalt over them (not to much) let them ſtand in that pickle an hour or 2 then take water enough to make a pickle to cover them and put into it a reaſonable quantity of ginger, pepper cloves and mace, with a bundle of ſweet herbs let it boyle half an hour then put in your fiſh vinegar & ſalt altogether ſo let it boyle till tis

enough, if the pickle be not ſharpe enough add more vinegar, and make it to your taſte as ſoon as tis ready take out the fiſh & when the pickle is cold pour it on them, this way will make them eat good and firmė and look very well when they are in ſeaſon.

277. *A Lumber Pye.*

WHEN you have any cold veale Turkey Capon or rabbit a ſmall quantity will ſerve mince it very ſmall. put about twice as much ſewit minced fine grate a penny loafe & put into it mince a few ſweet herbs as marjorum, penny royall, Spinnage &c., ſeaſon it with nutmegs Sugar cinnamon a little Salt, roſe water a little verjuice 5 or 6 eggs ſome currants worke it up altogether between your hand then put it into the pye, and put upon the meat marrow dates, lemon and orange peels canded and citheron and Suckets ſlicet lemon and ſome barberrys when it is baket fill it up with a good liquor made of half a pint of vergiſe the juice of a lemon butter and ſugar and thicken'd with eggs like Caudle y^{e} bread will ſoake a great deal.

278. *To make Spaniſh Biſkits.*

TAKE the yolks of 10 eggs and the whites of 5 and a pound of ſift'd loafe Sugar half a ſpoonfull of orange flower water beat all theſe together 3 quarters of an hour then ſhake in 12 ounces of fine flour and beat it a quarter of an hour more, have the pans ready butter'd & almoſt fill them let not the oven be to hot very little will bake them and ſlide them out before the pans are cold.

279. *To pot Hare.*

FIRST take all the meat clean from the bones and beat it very well as to draw out all the ſinews and ſtrings then ſeaſon it with cloves mace and white

pepper pounded very fine there muſt be as much again pepper as other ſpices then mixt it with a ſufficient quantity of ſalt, ſeaſon the meat and work it in your hands then have ready ſome thin ſlices of fat bacon free from raſty and take a narrow high crutch and put a little butter in the bottom of the pan then a laying of ſlices of bacon then a laying of hare then bacon, ſo do till all is in the pot, lay good ſtore of butter upon top and paſte it very cloſe let it be cloſe ſtopt in the oven 3 hours, then preſs it into your other pot with the back of a ſpoon very Cloſe puting over it 6 ſpoonfulls of the butter it was baked in So let it ſtand till the next morning then fill it up with the ſame butter if that be not enough add more the pot muſt be dry'd at y^e^ fire.

280. *To waſh Gloves.*

TAKE yolkes of eggs and wheat flour and rub over the gloves like ſoap then take a hard bruſh and warme water and lay them on a board and ſcowre them well then take whiteing and water and mix it as thick as batter and dip your gloves in it and when they are half dry draw them on your hands and when they are dry beat out the duſt and Gum them with gum dragon with a ſpunge the gum muſt be ſteep'd with cold water the Coulours are Spaniſh brown oaker, umber and red ledd.

281. *Eye Water.*

RED roſe water and white roſe water of each a penny worth, 2 penny worth of powder of Putty a quarter as much white Sugar candy ſhake it altogether in a bottle & drop it into y^e^ eyes night and mornings.

282. *A Rich Cordiall.*

TWO pound of double refined Sugar a quart of fountain water 3 quarts of the beſt brandy a drame of oyle of cloves, an ounce & half of ſpirit of Saffron, 6 grains of muſk, ſaffron 2 ſcruples ambergreeſe 2 grains put the water and Sugar over the fire till well diſſolved and ſcummed then ſtrain it into a gallon glaſs with the brandy mix the other ingredients in a ſtone morter very well tye up the Saffron in one little bag and the muſk in another and let them hang into the cordial, which will be of an amber Coulour.

283. *The Lady Aſhfields Angellot Cheeſe.*

TAKE 4 quarts of milk warme from the cow, Stroakings is beſts, or 2 quarts of cream, a quarter of a pint of runnet or a little more, & when it is all together ſtir it well and let it ſtand till tis come very hard then take it up without breaking of it and put it into your vate very ſoftly when it is all in let it ſtand till night if made in the morning then put a little ſalt at each end and ſo turn it twice a day ſalting it every time you turn it for a week or ten days then ſlip it out of the vate and pin a cloth about it till its coat be hardned when hardned wipe off the ſalt and butter them to keep.

284. *Angellot Cheeſe.*

TO a gallon of new milk 2 quarts of ſweet cream 2 or 3 ſpoonfulls of quick runnet Stir it well together, let the curd when come into y^{e} vate without breaking it will be all day filling, when in the vate let it ſtand 2 or 3 days turning it twice a day ſalting it at each end lightly and 2 hours after wipe off the ſalt with a dry cloth ſlip them out wthout breaking if tender bind them in cloths you muſt have your milk only warm from the cow your cream cold run it in a paile juſt waſht with hot water turn not the vate till

the next morning, if you leave any ſalt on twill corrupt the cheeſe let them dry in a wet cloth chang'd every morning when they are very hard ſpred ſweet butter over them, keep them in ſweet wheat ſtraw change them once a week.

285. *A Thick Cheeſe.*

TAKE 18 gallons of new milk 2 or 3 quarts of cream put a pint of good quick runnet when it is come gether it together with your hands drain out all the whey and waſh it with warme water not to hot cut the curd very ſmall and ſtrewing it about a pint of ſalt ſtrewing it in as you cut it then ſtrain away the water then put it into your vates thin ones firſt to preſs out the water well then put the curd out into your thick vate beſure to fill it full that it preſs cloſe let it ſtand in the preſs 2 days and 2 nights, when well preſſ'd rub ſalt on the outſide as on other cheeſes, when hard if any chink be in them rub them with freſh ſweet butter keep them in a dry place a year old you may eat them.

286. *Almond Butter.*

TAKE a diſh of butter boyle 2 eggs rare put the yolkes to the butter take 30 blancht almonds beaten fine with roſe water or orange flower water Stir them in the butter ſtrain them through a Cloth with a fit quantity of Sugar.

287. *To Fat Poultrey.*

FOR pullets or Capons take barley meale 3 parts and figg duſt of oats one part and make crams of it in paſte feeding them twice or thrice a day & for drink let it not be water, but broken beer mixt with the powd^{r} of chalke and ſowe up their vent holes with a needle & thread this fats them in 14 days therefore kill them or they will die wth fat.

288. *S^r William Buttons for thoſe w^ch make Bloody Water.*

TAKE of red ſingle holliehocks leaves and ſtill them in a roſe or ordinary ſtill (the leaves of the flower) and of this water drink 4 or 5 ſpoonfulls then take of conſerve of white lyllies, made of the leaves of the water lillies the quantity of a walnut a week or 10 days as you ſhall find good in it more or fewer days by him Probatum.

289. *A Purge of the Lady Binions.*

TAKE 3 drams of rubarbe and put in it a quarter of a pint of white wine ſeting it a ſtoop 12 hours then take it out of the embers in w^ch you muſt ſet it to ſteep and let it cool a little then put to it one ounce of Sirrop of roſes if eaſie to worke if hard one ounce and half and drink of it blood warme & when it works take a drink of poſſet drink between every workeing.

290. *Another of hers for the Green Sickneſs.*

TAKE one pound of capers 1 pound of the beſt currants you can get boyle them in a quart & half of ſtrong ale till half be conſumed and take of this a ſpoonfull of each, capers, currants, & liquor & ſtir after it.

291. *Mr. Walldrons ye Surgeons Cure for Green Wounds.*

ROMAN vitriol apply'd not to the wound but to the blood of the wound wiped on a clean linnen cloth then put your vitriol on the blood ye laſt is beſt and when heal'd by this applications, bind your cloth wrap'd up as w^n you dreſſ'd y^e blood) to a ſtone & thrown into ſome well or deep water, then ſhall ye wound no more trouble you.

292. *Mrs. Hellen Parrys Receipte for a Cold.*

TAKE ye faireſt orange you can get roſt it at ye fire then put thereto a pretty quantity of Sallet oyle ſweeten it with Sugar candie or Sugar drinking it 1st in ye morning & laſt at night.

293. *An Electuary for the Green Sickneſs or Pain in ye Stomach.*

TAKE half an ounce of rubarbe ſlice it and beat it very well, then take a quarter of a pound of blew currants waſh them & dry them very well in a courſe cloth then beat them alſo very well, then take 2 penny worth of engliſh ſaffron dry it and rubed very ſmall then mix all theſe together & beat it till it comes to a conſerve, ſo puting it in your gallypot & keep it for your uſe taking of it the quantity of a walnut 4 or 5 mornings together faſting eat not in 2 hours after it but walk on it add wormſeed & liquoriſh in powders.

294. *To Recover or Strengthen a Weak Eye Sight.*

TAKE of cloves nutmegs, Grains of each half an ounce of engliſh Saffron 2 penny worth of eye-bright leaves dryed in the Sun a handfull make all theſe into fine powder then take 8 or 9 raiſons of ye Sun, ſtone them, then put into every of them as much of the powder as will lye on a penny eating them in a morning faſting not eating an hour after.

295. *Mr Gaſkins Cordial Powder.*

TAKE ſeed pearle, redd coral, crabs eyes harts horne white amber of each a like quantity being all finely beaten and ſearcht, then take of the powder of the black tips of crabs claws as much of all the reſt of the powders as finely beaten and ſearcht then mix all theſe very well together & make it up into balls

with jelly of harts horne, wherein you muſt infuſe a little ſaffron ſo leting them lye untill they be dry which powder being finely ſcrap'd may be taken 10 grains in a ſpoonfull of oraggons water waſhing it down with another Spoonfull of the ſame water but to a young child ſeaven grains are ſufficient.

The vertues are many as followeth, firſt to prevent Smallpox and put for the diſeaſe it recovereth a Conſumption if conſtantly taken a good ſpace. it is moſt excellent in all violent feavors burnings and againſt all ſorts of poyſon it ſerveth to extirpate and maſter the venome of ye peſtilence when no bexra lemia Sigillata Beazers Stone or unicorns horne though taken in a double proportion can match or ſhew its Selfe equivalent it is very good for the paſſions of the heart and for that moſt Singular probatum it alſo helpeth ye quotidian & double tertian agues the quartain I cannot much commend it for only it comforts the ſpirits and mittigates the fits but for all other agues very good being taken in time it preventeth a man from all diſeaſes and infections and continues their health and viggour working without any viollence to nature and in agues without any ſenſible motion for it provoketh not to purge or vomit nor give any offence at all to ye herb ſmell or ſtomach.

296. *The Lady Marqueſe Heartfords Reª for all Agues.*

TAKE halfe a pint of white wine and the quantity of a walnut of London or other treacle put them both together into a porringer and ſtir it till it tis diſſolved then put them into a half pint pot and cover it cloſe ſeting it in embers that may but keep it warme the ſpace of 5 hours then when you go to take it oft opening the Lidd let it firſt ſimber a quarter of an hour upon a very gentle fire then take it off the fire

and ſtir it a little then cover it & take it blood warme when you go to bed the night before your fit comes for your ſupper you may eat ſome light ſpoon meat it will cauſe you to ſweat all night but muſt not be taken till after the 3d fit. probatum.

297. *An Excellent Powder to Cure a Defective Memorie Gidieneſs in ye Head or any other Diſtemper in the Brain.*

TAKE 3 ounces of ſeana leaves zedoane commine parſley and dill ſeeds of each one ounce ginger half an ounce cloves nutmegs gallingall pimpernell roots ſage rue vallerian Annyſeeds of each a quarter of an ounce pound all theſe ſmall then mix them very well together with 4 ounces of white ſugar candie finely beaten of this you muſt take mornings and evenings a dram at a time drying your herb well before you make it this is ye Lady Wroughtons with the following ointment.

298. *An Ointment for the Giddineſs in the Head or any other Diſtemper in Ye Brain or Deffect in the Memorie.*

TAKE white lillyes colwort leaves wild balme of each one dram being pounded put them into a pot with 2 ounces of Sallet oyle freſh butter as much as all the reſt 3 ſpoonfulls of the ſpirit of Sack 3 times rectified water of rue of ſage of Sallendine of each 2 ſpoonfulls temper theſe well together and ſet it in embers to keep it warme 8 hours then ſtrain it through a cloth, then boyle your liquor till it be as thick as honey on a mild fire then take it off the fire and put it in a wide mouth'd glaſs and Sun it till it come to the colour of copper ſo keeping it for uſe when you have occaſion to uſe it anoint the hinder part of the head your poule and temple eſpecially

warming it when you uſe it and keep the head warme ſome time after this is beſt made when the Sun is hotteſt.

299. *Mrs Skillins Reꝯ for the Yellow Jaundiſe.*

TAKE a pint of ſtrong beer or Ale 9 earth wormes Slit them and Scoure them from their ſlime then take a handfull of Sallendine and one penny worth of Saffron and put all theſe together and let them boyle up once or twice then let them ſtand till they are cold then ſtrain them out & drink this 3 mornings.

300. *The Lady St Johns Aproved Reꝯ for the Stone.*

TAKE 20 bees and kill them as they come out of their hives dry them on a tile ſtone or fire ſhovel then beat them into fine powder take then ſome ſnail ſhells ſuch as ſnails have left the cleareſt and moſt tranſparent of them and beat them into very fine powder then take a double quantity of this and mix with a ſingle quantity of your bee powder and put as much of both theſe powders very well mixt as will lay on a 6 pence into half a ſpoonfull of Sirrop of althea called marſhmallows ſtiring it well together ſo giving it to ye party wʰⁿ the fits upon them and he ſhall find (God willing) preſent eaſe if you pleaſe you may an hour or 2 after give the party a good draught of white wine wherein you muſt boyle half a handfull of proſper and as much pellitory of the wall.

301. *For a Cough a Drink by Dr. Bauyer.*

TAKE 3 quarters of an ounce of french barley of the fineſt you can get waſh it in 3 or 4 waters then let it ſteep one night in water in the morning pour away that water then put the barley into a quart of Spring water and a ſmall ſpoonfull of anyſeeds with it boyle theſe together till half the water be conſumed

then ſtrain away the water and let it ſtand and ſettle the ſpace of an hour then take the cleareſt of this water and ſweeten it with white Sugar Candie to your liking ſwallow down thereof as leaſurely as you can a ſpoonfull or 2 in your coughing fitts making it firſt blood warme before you drink of it.

302. *An Aproved Rect. for a Conſumption.*

TAKE 4 bunches of turneps and 12 bunches of coltsfoot leaves ſweet fennell feed annyſeeds carraway ſeeds coriander ſeeds of each half an ounce bruiſing them in a morter 4 ounces of engliſh liquoriſh not ſcraped or bruiſed but ſliced thin half a pint of hyſope water half a pint of red roſe water 4 ounces of white Sugar candie 5 or 6 ounces of the beſt hive honey then 1st you muſt pare your turneps then take a well glazed earthen pot that is ſtrong and lay in the bottom thereof ſome of your coltsfoot leaves and ſtrew thereon ſome of your liquoriſh and bruiſed ſeeds then lay a laying of turneps then leaves then ſeeds again then more of your ſeeds all over and down the ſides of the pot then your liquoriſh and ſeeds then your turneps ſo laying your lays till all be in the pot but the laſt lay muſt be coltsfoot leaves then cover your pot up cloſe with paper or paſte and ſet it in a bakers oven with their peck loaves and when it drawn ſtrain it as ſoon as you can into a great yellow pipkin that will hold a gallon then put in your waters and Sugar Candie and ſet it on the fire till ye Sugar candie be diſſolved then take it off the fire and put in your honney and keep it ſtiring till your honney be diſſolved then cover it wth ye cover of the pipkin till it be cold then put it in glaſſes or bottles and keep it in as coole a place as you can and drink thereof 3 times a day blood warme the quantity of a quarter of a pint at a time faſting an hour after.

303. *An Aproved Re[a] for the Wind.*

TAKE a quart of white wine and a thimblefull of parſley ſeed the like quantity of annyſeeds and ſo much more of fennell ſeeds & carraway ſeed and one penny worth of liquoriſh and half an ounce of nutmegs and a lemon fliced put all this together in the wine and boyle it till half a pint of the wine be boyled away then put into it a quarter of a pint of Spearmint water and one penny worth of treacle & half a pint of fennell water & ſo keep it for your uſe & when you have occaſion drink of this 3 or 4 mornings when you riſe and laſt at night & let it be blood warme when you drink it this is excellent for what it is mentioned.

304. *For Convultion Fits in Man Woman or Child.*

TAKE 3 drops of cats blood in breaſt milk or cowes of the milk one ſpoonfull blood warme mingle the milk and blood together puting thereto a grain of muſk and give it the patient an hour before the fit if you know at what time it comes if not then as ſoon as they find it coming let them drink it. this is aproved.

305. *A Cordial Water of any Cherries.*

TAKE one pound of cherries pluckt off their ſtalks then take 2 quarts of claret wine and half an ounce of nutmegs and an ounce & half of cinnamon and beat them to powder then take half a handfull of balme tops 10 tops of roſemary ſpriggs then mix all theſe together and let them ſteep 24 hours then put them in a hot ſtill and let your water diſtill with a ſoft fire into your glaſs and before you ſtop it up put thereto 2 ounces and a half of white Sugar candie finely beaten & hang therein a grain of muſk

So ſtop it very cloſe and keep it for your uſe it being good for any oppreſſion at the ſtomache & to comfort ye heart.

306. *Sr Roger Pallmers Teeth Powder.*

TAKE a quantity of Sandoues and half as much allome and burn your allome then take a quarter ſo much bole-ameniacke and you muſt ſcrape your bole-ameniacke beat your ſandoues and allome into fine powder then mix them all well together So keep it dry (or it will run to water) and rub your teeth with it weting your finger to make the powder ſtick and waſh it off either with clarret white wine or water every morning wch will long preſerve ye teeth. Probatum.

307. *Dr. Feners Strengthening Broth to Thicken any Sharpe Humour.*

TAKE a pullet put it to boyle in 7 pints of fair water firſt breaking & quartering and waſhing it before you boyle it and when it boyles ſcumme it very clean of ſhavings of ivory and hartſhorn of each one ounce which ye night before you uſe you muſt firſt infuſe it in hot water add to them an ounce of french barley of cumffry roots thinly ſliced the quantity of four fingers of china roots thinly ſliced one ounce of dates finely ſliced 2 ounces of gume dragon a dram of dry red roſes a ſmall handfull, of burnet a handfull let all this boyle gently the veſſel cover'd till half be conſumed then take it from the fire and put thereto 2 ounces of old conſerve of roſes diſſolved firſt in half a pint of clarret wine and one ounce of marmelade of quinces 2 ounces of peniedice of ſugar one nutmeg thinly ſliced ſo much cinnamon and of the wood of red ſaunders thinly ſliced or groſſly beaten as your little finger then ſet it on the hot embers to infuſe 6 or 7 hours the veſſel cloſe ſtop'd

as I have direct'd and when it has infuſed as aforeſaid increaſe the fire y^{t} it may boyle and ſo ſoon as you perceive it boyle take it off the fire & about half an hour after ſtrain hard away the broth and drink of this half a pint warm in the morning & at 4 a clock in y^{e} evening. Probatum.

308. *A Waſh for the face after y^{e} Small Pox.*

TAKE a gallon of ſmall white wine and 8 pints of roſemary flowers 3 pints of ſhell ſnails 3 lemons ſliced thin, of balme & flax ſeed of each a handfull 4 ſheets of Venice paper and a dog of 9 days old take the ſnails out of the ſhells and waſh them in 12 waters then drain them in a linnen cloth kill alſo the dog and flay it and fling away the head dry the 4 quarters in a linnen cloth then put all this into a glaſs ſtill together and draw it with a pretty quick fire y^{e} 1st pint will be the principal the 2^{d} and 3^{d} very good put to each pint 2 ounces of white Sugar candie finely beaten & ſo keep it for your uſe bathing it 3 times a day with a fine cloth or tuft of white raw ſilk.

309. *To make Runnet Cream.*

TAKE a quantity of the beſt cream and boyle it and when it hath boyled very well take it off and ſeaſon it with Sugar and amber-greaſe mix'd with a little roſewater but you muſt not put them in when your cream is to hot but ſtir it till it be but warme and then put in a little runnet as much as you think fiting then ſtir it till it be cold then ſerve it up.

310. *To make Egg Cream.*

TAKE a quart of the beſt cream and boyle it then take 9 yolkes of eggs beat them well with a little roſe water and ſeaſon it with Sugar and ſome amber-greaſe and when your cream is well boyled put your

eggs ſo prepared to it and let them have a walme together but it muſt be ſtir'd all the while then take it off keeping it ſtiring till it be cold.

311. *To make Plumme Cream.*

FIRST take your plummes pare them and cut them from the ſtone then ſlice them very thin and put them into a tankard then ſet it into a Skillet of boyling water upon the fire that the water get not into your tankard ſo let it boyle till it comes to a jelly then take it out and beat it with Sugar & roſewater cut it into quarters and put ſome large mace into it ſo let it boyle well then take it and ſtir it till it be but warm then put in as much of your plumme ſtuff as will thicken it and ſo beat them altogether and when it is cold ſerve it up.

312. *To make Apple Paſties.*

TAKE of the beſt apples and pare them and core them and ſlice them very thin and ſeaſon them with Sugar and a little ginger and orange peels & ſo ſtir it well together and put them into your paſte which is beſt when thineſt.

313. *To make freſh Cheeſe and Cream.*

TAKE a quart of new milk and a pottle of cream boyle them with whole cinnamon large mace and ſliced nutmeg then take the whole ſpice out and coole the cream very well then wring a whole lemon into a little whitewine vinegar as much as will turn the curd then take the curde off with your hand and put it into a clean cloth tye it with a thread & hang it up y^{t} the whey may drain out of it, in the mean time take a quarter of a pound of almonds blanch them and grind them very well as fine as you can then mingle the curd and the almonds being finely beaten together and put 2, 3 or 4 ſpoonfulls of roſewater

2 grains of ambergreaſe one grain of muſk Sugar as much as you pleaſe and being mixt together rub them through a hair ſive with a ſpoon.

314. *To make Dutch Waffers.*

TAKE a pottle of milk and warme it 2 ſpoonfulls of yeſt temper it with a little cold milk and a pretty quantity of ſalt as may ſeaſon your waffers then put it into your milk and 3 manchets which you muſt firſt ſoake in your milk cuting away the cruſt then breake it ſmall and put to it ſo much flour as will make it batter as thin as pancake batter beat 18 eggs very thin with a little ſalt and put them firſt to your milk if you will you may grate your bread and mingle it with your flour and then ſtir it very well in your milk and eggs melt half a pound of butter and put it to your batter and ſet it ariſeing in the chimney corner being cover'd with a cloth till it riſe very well and then heat your irons and take a piece of a bottom cruſte and ſpread it with butter and ſo anoint the irons with it then put ſome of your butter in ye irons but not to much bake it awhile on that ſide then turn it on the other ſide in like manner and Serve it up wth butter and Sugar. Probatum.

315. *To make Cracknells.*

TAKE a pound of fine flour and half a pound of fine Sugar finely ſearched mingle 3 parts of the flour with the ſugar and a few anyſeeds and colliander ſeeds take 2 ounces of ſweet butter and melt it with 2 ſpoonfulls of roſewater put in it one grain of muſk one grain of ambergreeſe made into duſt with a little ſugar mingle it with your flour and ſugar and make your paſte with your liquor make it into thin round cakes and ſo bake them no thicker than a plate make them up with the reſt of the flour and duſt your paper very thick prick your paper very thick before

you lay them on when you ſet them in the oven wett them over with the yolk of an egg and roſewater beaten together ſo bake them in a reaſonable hot oven.

316. *The Lady Jenkinſons Ointment for ye Pain in ye Stomach.*

TAKE one handfull of garden tanſey the like quantity of roſemary one handfull of cammomile ſhred all theſe and then boyle them in one pound of freſh butter till the ſtrength of the herbs be boyled out then ſtrain it and keep it for your uſe.

317. *To ſtop vomitting for one in a Conſumption.*

TAKE of nutmegs cloves cubibs Saſanas of each an ounce Cinnamon Gallingall roots Sippris roots Saſaperilla of each half an ounce put all theſe in a jugg with a gallon of Sack or white methegline ſtop it cloſe and infuſe 2 hours then run it through a bag then put in 3 grains of muſke as much ambergreaſe and half a pound of ſugar you muſt ſet it to infuſe on ſome hot embers or near the fire that it may a little warme then through the bag run it again when it is cold ſo keep it for your uſe takeing of it morning and evening faſting 6 ſpoonfulls.

318. *The Lady Jenkinſons way to preſerve Barberries.*

TAKE the faireſt and beſt colour'd barberries & take out (with a needle put into a ſtick) the ſtones then put your barberries into a ſilver baſon wth as much clariefied Sugar as will cover them and ſo let them boyle in a ſeething pot of water leaſurely till you ſee your barberryes tender and the ſirrop well coloured then take up your barberryes and put into your ſirrop half a pound of Sugar finely beaten and ſo let your ſirrop boyle till it be thick to a jelly and when it is cold put in your barberryes & they will ſeem quaking and ſo you may keep them all the year.

319. *To make Sugar Cakes.*

TAKE a quart of fine wheat flour finely ſearch't half a pound of Sugar beaten and ſearcht mingle theſe together with the yolke of an egg and one pound of butter and one ſpoonfull of roſewater knead all theſe cold together then make your cakes round and thin and prick them thick laying them on flour'd papers ſo bake them in your oven.

320. *To make Biſkit.*

TAKE half a pound of ſugar finely beaten 7 yolkes of eggs 5 whites beat ye ſugar and eggs together an hour then having your oven ready put in five ounces of flour and a ſpoonfull of carraway ſeeds ſtir it to mingle all well together then have paper ready cut and put a ſpoonfull on every paper and ſo faſt as you can haſten to the oven they will ſoon be baked if y^{r} oven be hot as for manchet.

321. *To make Cheeſe Cakes.*

TAKE new milk cheeſe when it is well preſſed and work it with your hand till it be like pulpe then work it with ſome cold butter and put in 6 yolkes and 2 whites ſome plumpt currants ſeaſon it with nutmeg cinnamon & Sugar and ſo make them up in very good paſte.

322. *To make Almond Loaves.*

TAKE a pot of milk and put ſo much runnet to it as will make a fine tender curd then drain it very dry then take the yolks of 6 eggs a ſpoonfull of roſewater 3 or 4 ſpoonfulls of cream 3 ſpoonfulls of flour and 2 of grated bread So ſeaſon it with Salt Sugar and nutmeg then being well mingled, make them like loaves and bake them in wooden diſhes and bake them very quick or elſe they will flat when you ſerve them then let their ſauce be roſewater butter and ſugar.

323. *Mrs Daniells Re[a] to make White Metheglin.*

TO every 3 gallons of water put one gallon of honey ſeeth the ſame on a moderate fire till the third part be conſumed ſcumming it clear ſtiring it with a Scummer now and then to raiſe the honey from the bottom w[n] its ſodden enough it will be clear in boyling by which you may know it is boyled ſufitiently then put it into a ſweet veſſel to every 3 gallons ſo boyl'd and clear'd put one quart of good ale barme the next day draw y[e] ſame liquor into another veſſel leaving the grounds in the bottom & then put new barme the ſame quantity after it's again thus purified and ſo let it reſt in the veſſel puting in your bag of ſpices. The Lady Downs adds Sweet marjerom, roſemary pennyroyall, violets, ſweet bryer tops, fennell balme tops lavender tops and time the beſt of ſeeds corriander carraway and anyſeeds, of ſpices ginger nutmegs cloves and mace the ſpices and ſeeds to hang in a bag in the barrell, theſe herbs and ſpices to the quantity of 8 gallons half an ounce or better of each. But with this addition twill not be ſo white.

324. *Another of Hers to make White Metheglin.*

TO 12 gallons of water you muſt take roſemary half a handfull broad time, ſweet marjerrom, egremony, harts tongue burrage buglace of each one handfull of violet flowers 2 handfulls of jillie flowers one handfull anyſeeds corriander carraway parſley ſeeds of each one ounce well bruiſed w[ch] with the ſeeds boyle the herbs in the water till it comes to 10 gallons then ſtrain it out and let it coole a little put in your honey good hive honey and ſtir it together ading ſo much liquor as will bear an egg to the breadth of 6 pence then take the liquor and put it over ye fire and boyle it a little but ſcumme it very well, then make it cold and put a little freſh ale barme

into it then put it into a barrel & when it hath done working put in a little bag of ſuch ſpices as you pleaſe with a ſmall quantity of muſk.

325. *To make a Silliebube.*

TAKE a pint of white wine a pint of mornings cream and a quarter of a pound of Sugar and put them in a baſon and beat them well together till it come to a froth then pour it into a Syllabub pot and milk a ſuffitient quantity of milk upon it and let it ſtand in a coole place till night for the longer it ſtand ſo it grow not ſour the clearer the drink will be and the firmer ye curd.

326. *To make a Poſſet without Milk.*

TAKE a pint of Sack and as much ale and put them into that you will make your poſſet in and in a ſkillet of water ſet your pot with the ale and wine till they boyle then ſeaſon them with Sugar and other ſpices then take the whites of 16 eggs and the yolkes of 2 or 3 and beat them till they be as thin as water and when your Sack and ale doth boyle pour your eggs upon it as you would do milk ſtiring it that while with a ſpoon.

327. *To make Sugar Puffs.*

TAKE half a pound of the fineſt ſugar beat and ſearch it as fine as you can then put it in a ſtone alablaſter morter then take the whites of 4 eggs beat them to a froth and put it to your Sugar and beat it with your Sugar as white as you can and as fine as may be then put as much civet as a pins head and as much muſk then butter your plates & wipe then afterward lay them in workes bake them in an oven after the bread is drawn or pyes you may put ſeeds if you pleaſe.

328. *The Lady Jenkinſons Plumme Cake.*

TAKE a peck of fine wheat flour 3 pound of butter breake your butter in pieces into the flour till it be crumbly and then take 8 pound of y^e^ beſt currants and put them in with a quarter of an ounce of mace & one ounce and half of nutmegs a pound and half of loafe Sugar a ſpoonfull of ſalt and an ale pint of Scaulded cream and a pint of cream cold ſomething better than a quarter of a pint of ſack 6 eggs both yolkes and whites a pint of new ale barme ſtrain'd, mingle all theſe together but do not knead it longer than to mingle it, then ſet it before the fire to riſe, which will be in half an hour, it muſt be cover'd with a blanket, when you rowle it out you may if you will put a ſheet of other paſte under it the oven muſt be well and hot and it muſt ſtand in the oven at leaſt 3 hours when it is almoſt baked you may draw it to the mouth of the oven and ſee it as you do tarts.

329. *To make Light Bread the French Way.*

TAKE half a peck of fine dreſſ'd flour and a pint and half of the beſt ale barme & as much fair water made hot not to Scauld y^e^ barme but hotter than to endure your hand in it then put your barme to it and ſeaſon it w^th^ a ſmall handfull of ſalt then make your dough with it & knead it well together & as faſt as you can make it into 16 ſmall balls & ſpread a woollen cloth to lay your loaves on & cover them with ye ſame on board lay them one by one not to touch then put them in the oven when you go about your dough you muſt not let it ſtand to long but there is no directions to be given when to draw, but you muſt draw it as you ſee Cauſe.

330. *The Lady Buttons Almond Butter.*

TAKE the beſt Jourdan almonds and blanch them beating them very ſmall with ſweet cream and ſtrain it out and put in as much Sugar as will ſweeten it beat your almonds after the firſt ſtraining 3 or 4 times then ſet it over a gentle fire till it is pretty thick then put it in a cloth to whey So let it hang all night to drain then turn it into diſhes.

331. *The Lady Bidollyps Raſberry Wine.*

TAKE to every gallon of white wine 2 quarts of raſberryes bruiſe them then put them and your wine into a ſtone pot and add to every gallon of wine a quarter of a pound of ſugar ſo cover it cloſe and let it ſtand ſteeping 5 days ſtiring it once every day then take an hipocras bag & wet it with milk and ſo run your wine through it ſeveral times till it run clear then draw it off into bottles and let it ſtand 3 week with the corkes but ſlightly put in then put into each bottle a knob of ſugar and ſtop up your bottles then very cloſe & tye down y^{e} corke & ſet them in a coole place and it will keep a great while.

332. *The Lady Aſhfields Metheglin.*

TAKE fair water and the beſt honey beat them well together but not in a wooden veſſel for wood drinks up your honey put it together in a kittle and trye it with a new laid egg which will ſwim at top if it be very ſtrong but if it bob up and ſinke it will be to weake and you muſt add more honey one quarter of honey to a gallon of water will make it very ſtrong then boyle it an hour and put in to it a bundle of herbs what ſort you like beſt a little bag of ſpices of nutmegs, ginger, cloves and mace and cinnamon Scumme it well all the while it boyles when it hath boyled a full hour take it off and put it

into earthen pans and ſo let it ſtand till the next day pour out all the clear of it into a good veſſel that hath had ſack or white wine in it let your bag of ſpices hang in it and ſo let it be very cloſe ſtop'd & well filled and let it ſtand a month longer then if you deſire to drink it quickly you may bottle it up if it be ſtrong of the honey you may keep it a year or 2, but if weaker than the proportions above writen then it will be ready in 3 months to be ſpent roſemary time & ſweet marjeron are ye herbs ſhould go into it a ſprig or 2 of each.

333. *The Marleborow Cake.*

TAKE a peck of fine flour to it 4 pound of currants 4 pound of butter of cloves mace nutmegs carraway (or corriander) of each a quarter an ounce but moſt of mace a pound of Sugar a pennyworth of Saffron Sack and roſewater ale yeſt ſomething leſs than a pint ſo make them up into cakes about 2 inches thick prick them wth a bodkin and bake them for your uſe.

334. *To make ye Spaniſh Cream.*

TAKE 5 quarts of milk warm from the cow and when it's boyl'd up to ye top of the Skillet have a quart of cream ready and put it into the milk and ſtir it well about while on the fire then take it off and put it in 3 or 4 Sallet diſhes and let it ſtand in a coole place that day and a night ye next day take ye cream clean off and put it in a deep gally pot and put as much Sugar as will ſweeten it and with a ſpoon beat it till it be as thick as cream in a churn when it is ready to break and then put it in a diſh in what faſhion you pleaſe with raw cream with it or rather about it.

335. *A Cabbidge Cream.*

TAKE freſh milk and ſcauld it and while very hot put it in ſeverall pans and let it ſtand till there be a yellow ſcumme upon it then cut the ſcumme in ye middle then take it off the milk and lay it on a ſawcer which put in your diſh you will ſerve it in with the bottom of the ſawcer upward when the ſawcer is all cover'd with the cream ſearch ſome fine ſugar through a tiffanie upon it and ſprinkle ſome roſe or orange flower water upon it then take the ſame milk and do as you did before ſo make your cabbidge as big as you will.

336. *My Lord Howards Re^{a} for Sherbett.*

TAKE 12 lemons and 12 oranges pare them as you pare an apple neither to thick nor to thin then pinch out the juice out of your peels into ſugar next ſtrain out the juice of your oranges and lemons into a pound of powder Sugar then mingle all your juices together and let them ſtand all night then the next day add another pound of ſugar and let it ſtand till it diſſolves then bottle it up for your uſe keeping it coole and perfumeing it to your likeing.

337. *To keep Damſons all the Year.*

TAKE 3 pounds of the faireſt Damſons off the tree and wipe them and pick them with a few holes and lay them one by one in earthen diſhes and after y^{e} bread is drawn ſet them in the oven but not to hot let them ſtand a day to coole after they are drawn then take a pound of ſugar to 3 pounds of Damſons and lay a thin paſte in the bottom of a Skillet and lay your damſons cloſe one by one the reſt ſtrew between and over your damſons to cover them ſo put them hot into your pot and the liquor hot alſo to them ſo let them ſtand till through cold

then clarifie butter and put on them not to hot and ſo let it coole then cover it cloſe and keep it for your uſe all the year & when you take of them to uſe and breake your butter you muſt keep the ſame butter to cover the remainder till all the damſons be ſpent. Probatum.

338. *Oyſter Porrage.*

TAKE a barrell of oyſters and in opening them ſave all the liquor with them put a quart of white wine and a little mace a whole onion and 5 anchoviſe ſet them over a gentle fire and let them ſtew till you conceive them ready then take the yolkes of 16 eggs well beaten together and ſo put them into your oyſters ſtiring it conſtantly to keep your eggs from curdling and when you find them enough ſtew'd take it off the fire puting into it half a pound of ſweet butter and rub the bottom of your diſh with garlicke or ſhellot and ſerve them up with ſipputs round the ſides of your diſh.

339. *To make Pancakes.*

TAKE 8 eggs whites and all beat them very well and put to them a quart of cream and as much flour as is needfull then take a pound of freſh butter and melt it and throw into your batter and a nutmeg grat'd and ſo fry them without any other butter in the pan your batter muſt be made an hour or 2 before you frye it up eat them with juice of orange and Sugar.

340. *The Lady Seymours way to Coller Beefe.*

TAKE a flanke of the youngeſt beef you can get and cut it into 3 pieces & put it into a paile of plump water and put 2 quarts of ſalt peeter to it and ſo let it lay 4 days then take it out and take nutmegs cloves and mace a reaſonable quantity and a little

pepper beat altogether then take a handfull of ſage and half as much young bay leaves ſhred very ſmall and mingle ye ſpices and them together and ſtrew them between every laying of beef and ſo rowle it up in collers very cloſe and keep faſt with ſkewers as you tie it up then put in a pot with 3 pints of claret wine and a gallon of ſtrong broth of mutton or freſh beefe before you lay your coller beefe in water take off the ſcumme in the inſide and when you put the collers in the pot cover it with the ſcumme then lay the over ſcumme 3 pounds of beefe ſewit the pot muſt be very cloſe paſt'd up and ſet in the oven with brown bread & ſtand 10 hours then take it out of the pot from the liquor and keep them dry for your eating.

341. *To boyle a Rump, Surloine, or Rearing of Beef.*

FIRST corne it well with ſalt 44 hours at the leſt or 48 if the time will permit then take of the marrow of the beef or the beef ſewit the length of your finger then take ſweet herbs as marjerom, winter ſavorie, pennyroyall, and ſome time mince them ſmall with your fat or marrow & ſo ſtuff it in 4 or 5 rowes all over your beef boyle it with 4 or 5 onions whole then put in pepper and ginger very ſmall beaten only as much as will give it a taſte when all theſe are half boyled put into the broth half a collender of any wholeſome ſweet herbs groſſly cut put into the broth a little vinegar when it is throughly boyled ſerve it up wth good ſtore of white ſippets in your diſh pour your broth and herbs upon the beef before you boyle y^{e} beef waſh off the ſalt and cut off the fat very well otherwiſe ye broth will be too fat and too ſalt and when your onions are boyled enough take y^{n} out alſo for they are only to give a taſte but not to be ſeen or ſerved in.

342. *To preſerve Oranges or Lemons.*

TAKE oranges or lemons large and well colour'd and with a little grater grate off the very outſide and deep colour then lay them in water 3 or 4 days then boyle them very tender ſhifting your water 3 times but let your water be hot which you ſhift them with in boyling to take away their bitterneſs from them and when they be very tender then take them out into ſome earthen diſh and with a penknife cut a little hole in the top and take out all the kernells, then take to every pound of oranges a pound and half of good loafe ſugar and to every pound of Sugar half a pint of fair water and breake your ſugar and mix it with your quantity off water and boyle it to a pretty ſirrop then take it off the fire and when it is between hot and cold put in your oranges and let them ſimber a little but not boyle to faſt, for faſt boyling will make them hard and tough then put orange and ſirrop together in a pot and let them ſtand 3 days then take out the oranges again and put ſome more Sugar into the Sirrop & boyle it ſomething thicker and ſcumme it clean and when it is almoſt cold put in your oranges again and then ſet them on a ſoft fire as before leting them only ſimber half an hour and then put them up for 3 days more and the 3^{d} or 4th day do likewiſe as before to take out the oranges again and let y^{m} ſimber another half hour then take them off the fire and put your oranges firſt in your pot you will keep them in then pour the ſirrop on them and let them ſtand till they be cold then tie them up to keep.

343. *To preſerve Pippins Green.*

TAKE pippins when ſmall and green off the tree pare a few and ſlice them and boyle them in a quart of fair water till they be pap then drain them

through a cloth into a baſon of earth then put the liquor into a ſkillet with a pound of clarified Sugar and put as many green pippins unpared as that liquor will cover and ſo let them boyle ſoftly and when you ſee them boyled as tender as a colding then take them off and peel them the upermoſt white ſkin and then put them in your ſirrop again & boyle them till the ſirrop be thick and your pippins will be green and you muſt pot and keep your pot near y^e^ fire. Probatum.

344. *To preſerve Cherries.*

TAKE 6 pound of fair cherries and 7 pound of double refined Sugar then take a pound of cherries and pick off the ſtalks and bruiſe them into a gallypot and ſet it in a ſkellet of water and boyle a good while puting a little water to get out all their juice the whilſt they are infuſing ſtone your raw cherries and as you ſtone them put them into ſome of your ſugar finely beaten which will keep them from turning black and when you have ſtoned all of them laying them in a preſerving pan ſtrew on your cherries a third part of your Sugar and then pour on your ſtrain'd liquor of your other cherries to the raw cherries in your preſerving pan and ſet it on a charcole fire and ſo let it boyle very leaſurely takeing off the ſcumme as it riſes and very often ſhake them and ſtir them up from the bottom takeing them off the fire ſometimes to ſcumme them clean and let them boyle a pretty while then put in the other part of your Sugar and let them boyle very high to clear them & when they be boyled enough juſt as you be going to take them off fire take a lemon and cut it in the middle and take out the ſeeds and ſqueeze out y^e^ juice into the cherries all over them then take them off the fire and take a ſheet of cap paper and lay all over the cherries to take off y^e^ remaining ſcumme very clean then take out the

cherries leaving them in your ſirrop to cleanſe them from the ſcumme then when the ſirrop is alſo cleaned of ſcumme pour it to your cherries in your pot and when they are throughly cold tie them up in your pot ſometimes opening & ſtiring them will keep them from candieing & they will keep the better.

345. *The Carraway Comfit Cake without Fruit in it.*

TAKE 2 pound of fine flour 3 quarters of a pound of freſh butter a pound of Sugar both theſe put into the flour dry (the butter in many ſmall pieces) 7 yolkes and but 3 eggs more which put into the 7 with their whites alſo and beat them very well together with 4 ſpoonfulls of Sack and as much roſewater firſt ſteeping in the Sack and roſewater 6 pennyworth of ſaffron ſome nutmegs grated then take half a pint of cream boyled and cool'd again then take a pint and quarter of very good ale yeſt and mingle it with the cream eggs and ſpices ſack and roſewater, warming it altogether milk warm keeping it ſtiring while you warm it & when warm pour it into your flour, covering it over lightly with the flour & ſo let it ſtand a quarter of an hour cloſe cover'd then mingle it all very well together and add thereto a pound and a half of carraway comfits w^{ch} when all very well mix'd put into a paper hoop & ſet it in an oven prepared for it 3 quarters of an hour for if it ſtand to long it will run abroad & be heavy.

346. *The Lady Marqueſs of Worceſter's Re^{a} to Jugar all Sorts of Sharpe Fruits or Herbs to dry or Flowers.*

TAKE the whites of eggs and beat them to a froth and when the froth is high dipe your fruits herbs or flowers and have ſome fine ſugar double ſearched and while they are wet with the froth dipe in your

herbs fruits or flowers into your ſugar your fruit muſt be ſpent but your herbs and flowers will keep all the year.

347. *To preſerve Chyna Oranges.*

TAKE what quantity you pleaſe of chyna oranges and with a ſmaller grater grate off the yellow peel (the deepeſt and ripeſt oranges do beſt and cleareſt) let your grater be very clean elſe it will change the colour, and take great care you grate not to deep and as you grate them put them in water or they will turn blackiſh and when you have done them all waſh them in 2 or 3 waters and have a kettle of clear water to ſet them over the fire for a quarter of an hour let them boyle in this firſt water then have another kettle of water boyling and ſhift them into it ſo ſhifting them into freſh kettles of boyling waters 5 or 6 times ſo boyling them till they be ſo tender as a ſtraw may go through them then take them and with a penknife cut out a round piece in the bottome and keep it to go in again, after you have firſt taken out all the ſeeds very clean with your little finger and preſerved them and are going to pot them up then only you muſt put in the piece you cut out as a Stople to them you muſt weigh them when they are boyled and to every pound of orange you muſt take 2 pound and a half of double refined ſugar and to every pound of ſugar you may put almoſt half a pint of fair water, divide your ſugar into 3 parts then take one part and put into all the quantity of water ſtir it together in a great Skellet and ſet it on the fire and let it boyle a little and Scumme it clear then take it off the fire and let it be pretty coole then put in your oranges and ſet them on a ſoft fire and let them not boyle but ſimber a little while then take them off the fire puting your oranges 1st into a pot and then pour on the ſirrop to them and let them ſtand 3 days then take the oranges

from the ſirrop and put your ſirrop into a ſkellet and put the ſecond part of the ſugar and pare and core and quarter 6 John apples and put them into your ſirrop and ſet it on the fire leting it boyle quick till it be much thicker than it was before when you think it thick enough take it off y^{e} fire and let it be almoſt cold then put in y^{e} oranges again and ſet them on ye fire and let them ſimber half an hour as before turning them often (or they will not be all over of one colour) then take them off the fire and pot them up as before to ſtand 3 days more, and at the 3^{d} days end take out the oranges and put in y^{e} 3^{d} part of your ſugar into the ſirrop and 6 more John apples ordered as before in with the ſirrop and boyle it very thick then take it off and ſet it acooling as before then put in the oranges and give them one boyling up or 2 but have a care in boyling they do not harden but take them off the fire and when they are quite cold tye them up in your pot very cloſe to keep for your ſpending remember to take out the apples before you put in your oranges or that they be ſo tender as to make the ſirrop. Probatum.

348. *A Cake for Ordinary Uſes.*

TAKE 4 pound of fine flour warm it in an earthen pan by the fire then break in a pound of freſh butter and a pound of ſugar mixing both very well into y^{r} dryed flour then take 10 eggs put in but 3 of the whites and beat them very well then put to your eggs when well beaten 3 ſpoonfulls of roſewater and a quarter of a pint of ſack a quart of good ale yeſt more yeſt if not very good a pint of cream boyled and cooled again ſome ſalt a nutmeg grated and ſome cloves & mace beaten alſo ſmall mixing all very well together and warm it milk warm & ſo pour it to your flour very well covering it up warm for a quarter of an hour then put in a pound of raiſons of the Sun ſtoned and

cut ſmall 3 pound of currants clean waſht rubbed and dryed all which mixt very well together and put it into a paper hoop and ſet it in a oven as hot as for ſmall bread and let it ſtand one hour and a quarter which will be long enough.

349. *Madame Brewen's French Way to make ye Runnet or Trifle Cream.*

TAKE the bloſſomes of hartiechokes when they blow and keep them dry all ye year for your uſe as you do other flowers and when you would make this cream put a few of theſe bloſſomes in about a ſpoonfull of flowers to a pint of cream or new milk and it will turn it as well as runnet and give a more pleaſant flavour.

350. *Cowſlips into Plummes to make Wine.*

INSTEAD of cowſlips take Plummes and ſlit them and put them into a veſſel with a tap in it then take as many gallons of water to your Damſens as you pleaſe & to every gallon of water a pound of Powder Sugar and boyle it till it be clear of ye Scumme then pour it on your Damſens into your veſſel boyling hot firſt puting in with your Plummes ſome raiſons of the Sun Stoned ſo ſtop it up 5 or 6 days then draw it off through a ſtrainer and when the veſſel is clean pour it in again when it's ſtrain'd and ſet it to working with a toaſt ſpred with ale yeſt and let it worke and after working let it ſtand 4 or 5 days a clearing then draw it into bottles and put a raiſon of the Sun Ston'd and a nob of Sugar in each bottle & ſtop it looſly 2 or 3 days elſe they will fly but afterwards ſtop your bottles as faſt as you can and ſet them very coole. Probatum eſt By ye Lady Seymour.

351. *My Lady Seymours Pancake.*

TAKE 12 yolkes of eggs 2 large nutmegs grated a little Salt to ſeaſon it and 4 full ſpoonfull of Sugar beat theſe together halfe an hour then ſtir in as much fine flour as will ſtiffen it as ſoft as a pudding then add to all theſe a quarter of a pint of Sack & beat it in till it be well mix'd then beat in cream a little and little till it comes to a thin batter ſo fry them up with a quick fire either with beef lard or freſh butter make your pans firſt hot with ordinary batter which will make your beſt fry the better, it is ye beſt way to make them eat ſhort and light not to make your batter before you are ready to fry them up.

352. *My Lady Ffoſters Metheglin.*

TAKE ſo much clear honey in cold ſpring water it muſt be ſuch water as will bear ſoap well and mingle your water and honey till it will bear an egg when your honey is diſſolved in your water cold then put it in a kettle and boyle it 2 hours ſtill ſcumming it while any ſcumme will riſe then put it into coolers and when coole as wort to every 12 gallons of liquor put a large quarter of a pint of ale yeſt then barrel it up filling your veſſel not full about 3 fingers breadth of ye bung hole and hang in your barrell an ounce and half of nutmegs groſſly beaten in a bag with a bullet or the like to keep your ſpice low in your barrell ſo ſtop it up and at the years end drink of it and when you draw of it you may bottle it if you pleaſe the older it is the better but your veſſel muſt be ſtop'd very cloſe all the time you keep it and Drink not of it till 12 months old. Probatum eſt by ye Lady Downs.

353. *A Metheglin to be made at Barthollemew Tide.*

TAKE 8 gallons of the beſt fair water that is not harſh for the better the water the better your liquor will be then take corriander ſeeds carraways &

anyſeeds of each half a ſpoonfull 2 or 3 large maces and alſo agremoney ſweet marjerom broad time, ſweet brier tops pennyroyall of each a quarter of a handfull a few double violet flowers and a branch or 2 of roſemary boyle all theſe together in the water half an hour then ſtrain it through a ranger then ſet it a cooling till it be almoſt cold then pour it from the bottom and put ſo much honey to it as will make it ſo ſtrong as to carry an egg that nothing may be ſeen of it but the breadth of a 6 pence then boyle it again and let it boyle till you have ſcummed it clean then ſet it abroad as you do wort to coole and put a pint of ale barm to it when you tun it into the barrell put into a bag ſliced ginger nutmegs cloves mace and cinnamon and likewiſe a ſtone to weigh down the bag and tye a ſtring to it and nail it to ye barrell that it may hang in the middle and when it hath done purging mingle half a grain of muſk into a ſpoonfull of the liquor and put it into the barrell and ſtop it up very cloſe it will keep long and be very good to y^{e} laſt ye receipt is to put the barme to it in the barrell but by experience it is found the beſt way to put the barm to it before you tun it and ſet it to working in a little cooler it being cover'd cloſe and ſo kept cover'd cloſe till the barme begin to flat w^{ch} will be 3 or 4 days & then tun it into the barrell & if it worke again ſtop it not till it hath done working.

354. *To preſerve Grapes for all the Year.*

TAKE fair cluſters of grapes and lay them in a platter then caſt ſugar on them & ſo put them into a hot oven now and then pouring the liquor from them then turn them and caſt more ſugar on them as before then take that liquid ſubſtance and make a ſirrop of it and when your ſirrop is cold put in your grapes & ſo keep them all the year.

355. *A Marrow Pudding.*

TAKE the marrow out of the bones and after boyle the bones and take of the fat that riſeth in the boyling then take the fat of the ſheeps guts and ſhred it very ſmall then mingle it with manchet crums being grat'd and nutmegs cloves mace and ſome Sugar (muſk if you pleaſe) and a few currants but you muſt firſt Plump your currants becauſe all the other ingredients require but little boyling add ſome roſe-water to your ſpices and ſugar theſe puddings muſt not be cut in eating but ſuckt out otherwiſe the marrow will run out which is all their goodneſs.

356. *To Candie Irringoe Roots.*

TAKE your roots new gather'd without joints or knots boyle them tender in fair water but let your water firſt boyle before you put them in then peel them and ſlit them and waſh them in 2 or 3 waters dry them with a cloth then take twice as much ſugar and when your ſugar is refin'd boyle them in one half till they be tender and clear and make a ſirrop of the other half to the hight of manus Chriſti that is till it will draw off as fine as a hair then put in your roots again and boyle them and when you find them enough take them up and ſhake them in a baſon till they be pretty dry after lay them on papers till they be quite dry.

357. *To make a Sweetmeat like Raſhers of Bacon.*

TAKE ſome of your marſhpane paſte rowle it in ſanders till it be red then rowle abroad 3 rowles of the red and 4 of the white and ſo lay a white and red & when all is ſo lay'd cut them a thwart in thin ſlices and dry them & it will be like.

358. *To Preſerve Oranges in Jelly.*

TAKE thick rind oranges pare or grate them very thin lay them in water 3 or 4 days then boyle them tender in fair water then take them out and put them into a pan of cold water all night next day dry them with a cloth put them into ſo much clarified Sugar as will cover them ſo let them boyle ſoberly cloſe cover'd now and then turning them then let them ſtand in an earthen pann all night the next day ſet them on the fire again & when you ſee them look clear & tender then pour them into a Sive and let your ſirrop drain from them then put a quart of apple water into that ſirrop and a pound of freſh Sugar & that will make your oranges lay in quaking jelly when it boyled with the other ſirrop.

359. *Mathew Cariers Ollio or Pottage.*

TAKE 13 pound of beef ſliced ſmall and boyle out the gravie of it then ſtrain it and ſtew in that broth 6 ſweet breads 12 Squobe pigeons 6 pair of Lamb ſtones 6 ſheeps tongues and pallets, 8 marrow bones the bones boyle with your beef before you ſtrain it and then take them out and ſerve them in ye broth with the forementioned ingredients in your ſtrain'd broth and ſeaſon it with convenient Salt and Sweet Spices and put manchet cut groſſly in it and raw cuccumber iff in ſeaſon or a few green peaſe or the like and ſo ſtew altogether & then ſerve it in hot as poſſible & be ſure to have broth enough therefore rather more than leſs beef.

360. *To make Sugar Jumballs.*

TAKE the beſt ſort of gume dragon the weight of 6 pence ſteep it in a good ſpoonfull of roſe or orange flower water then beat an egg to froth and let it ſtand to ſettle put the juice of a fair lemon into it and when it hath ſtood a while ſtrain it out clear

then take a quarter of a pound of double refined Sugar well ſifted put it into a marble morter with ſome ambergreeſe prepared then put in your gum and a little ſpoonfull of the pure froth of the egg ſo grind it altogether now and then puting in a ſpoonfull of ſugar which you muſt keep out, if it grow dry in ye doing put in a drop or 2 of juice of Lemon in a quarter of an hour they will beat eaſie ſift ſome ſugar on a paper take out the ſtuff which muſt be as thick as pap rowle it with your fingers into what form you pleaſe but firſt ſift Sugar on your paper you bake them on and ſet them in the oven when white bread comes ſorth when they riſe they are enough and when you take them off the papers and your oven cooled ſet them in again one night.

361. *To make Gooſeberry Wine.*

TAKE a ſkillet with a quart or 3 pints of gooſberries full ripe to a quart of Spring water ſet them on a ſoft fire and let them ſtand till the water taſte ſharpe of y^{e} gooſberrys but let them not break to pieces for that will make your liquor thick then ſtrain it and boyle it again half as clear then ſet it in an earthen pan leting it ſtand till the next day then bottle it up with 3 ounces of Sugar to each bottle. Stop it not till it hath done working but then very cloſe. redd gooſberries make a very pretty wine.

362. *Balls to take Stains out of Linnen.*

TAKE 4 ounces of hard white ſoap beat it in a morter with 2 ſmall lemons the outward peel pared off and as much rock allome as a ſmall nut and when all theſe are well mixt make it up in balls Rubbing the ſtains therewith wetting it in fair warme water till you ſee all out.

363. *To Pickle Green Aſhen Keys, Elder Buds, Broom Buds, or ye like.*

TAKE any of them ſeverall and put them in linnen bags let them lay in vinegar & ſalt 8 or 9 days then ſet them in a pot of water cloſe cover'd on a gentle fire till they look green which will not be under a day or 2^{s} greening and when they are cold put them in the pickle which muſt be the vinegar and ſalt they were ſteep'd in very well boyled.

364. *To Preſerve White Pear Plummes Green.*

TAKE them about the end of July or when they are at their full bigneſs wipe them well then ſet on a ſkellet of fair water and when it boyles put in your Plummes and cover them up cloſe and when your plumme begins to bliſter take them out of the water and peel off their ſkins then weigh them and to every pound of plummes allow a pound and 2 ounces of Sugar well beaten then ſet on a ſkillet of water and when it begins to boyle then put in your plummes again and let them boyle ſoftly till they change their colour from yellow to green then take them off and cover them cloſe and let them ſtand a quarter of an hour then ſtrew on a handfull or 2 of your weighed Sugar on your plummes in the preſerving pan you will preſerve them in laying them one by one in your pan on your firſt part of your ſugar and then throw on the 2^{d} part over them and as much water as will diſſolve your ſugar and let them boyle ſoftly leaſt they break in leſs than 1 hour they will be enough as you will find by the greeneſs of the ſirrop then take out your plummes and put in your laſt quantity of Sugar to clear and thicken your ſirrop and pour it on your plummes in your pot and when through cold tye them cloſe & keep them for your uſe but if your ſirrop grow thin never boyle your ſirrop & pour it hot on your plummes & beſure

when you preſerve them to boyle them in ſuch a pan as you may lay them one by one y^{t} you may turn them as you ſee occaſion.

365. *To Candie Flowers.*

TAKE the flowers on the Stalk and waſh them in roſewater wherein gumarrabeck hath been ſteep'd then take fine Sugar candie ſearch it after finely beaten on your flowers and ſet them a drying in the bottom of a ſive in an oven after the bread is drawn and the oven cold and they will glitter and look well.

366. *A Sack Poſſet.*

TAKE 6 Naples Biſkit beaten in a morter and boyle it in 2 quarts of cream till it be thick then have ale and Sack ready ſweetned and warm & a few eggs let your cream coole elſe your eggs will be hard & to a quart of cream you muſt have a pint of ale and Sack pour it in your baſon ſtir it a little & ſo ſerve it in.

367. *To make Barberrie Wine.*

TAKE 20 quarts of water and 10 pound of Sugar boyle it half an hour and ſcume it then take 10 quarts of barberries mull them in an earthen ſtewing pot y^{n} bruiſe them and put your liquor on them very hot and when cold as wort put in some yeſt and ſet it a working and when it hath done working ſtop it up cloſe and after 3 weeks bottle & keep So may you do with currance or Raſberrys only with a pound leſs of Sugar than the barberries wine.

368. *To make Apricocke Wine.*

TAKE to every pint of water 10 or 12 apricockes let it boyle gently at firſt after a pace till it be ſtrong of the fruit then let it ſtand and take of the

clear and bottle it to a bottle take an ounce and half of Sugar and ſtop it cloſe. The ſirrop y^{t} comes from dryed apricocks put in white wine and bottled a month is very good.

369. *To make a Conſerve of Clove Jilly Flowers as an excellent Cordiall.*

TAKE to every ounce of flowers all the white cut off 3 ounces of ſugar beat them very ſmall ſo keep them to a pound which put into an earthen or ſilver baſon ſet it over the fire ſtir it till the Sugar diſſolve and to a pound put an ounce and half of powder of cloves a grain and half of civet a grain and half of beaſzer half a grain of unicorns horn the juice of half a lemon mingle all well together and keep it for your uſe.

370. *Apricockes the beſt way to preſerve in Jelly.*

TAKE apricockes before full ripe pare them and cut them in halves & lay them in double refined Sugar finely beaten to a pound of apricockes 3 quarters of a pound of Sugar let them ſtand all night and if you have not jelly of white currance take the worſer ſort of apricockes pale in colour and ſlice them thin and to 3 quarters of a pound of ſlices take half a pound of Sugar put them in a ſilver baſon and ſet them on the fire till the Sugar be melted and when it is ſcaulding hot ſtrain the ſirrop from your apricocks and ſet it by till your half apricocks boyle then put your ſirrop to them and boyle it together till your apricocks be clear they muſt be very well ſcummed to a pound of halves take 3 quarters of a pound of ſlices put your halves in glaſſes & ſtrain your ſirrop to them through a tiffeny.

371. *To pickle Violets for Sallets.*

CUT your ſtalks very cloſe put them in a glaſs ſtrew ſome Sugar on y^{m} mingled with a little Salt ſo do till all be in then pour on your vinegar a pint of vinegar to half a pound of ſugar and preſs them down till the flowers ſinke which they will in 4 or 5 days.

372. *To preſerve Gooſberrys in Jelly.*

TAKE the faireſt gooſberries ſtone them into fair water to every pound of the berrie 3 quarters of a pound of double refined ſugar and put a little fair water to it when it boyles put in 3 quarters of pound of meaſur'd gooſberrys and boyle them in your ſirrop till they are all broken then ſtrain out your ſirrop and ſet it by then take to a pound of your ſtoned gooſberrys a pound of double refined Sugar put it in your baſon ſet it on the fire with very little water when it boyles and is clear ſcummed put in your ſtoned gooſberries as it boyles ſo let it boyle till they are clear then put to them the ſirrop you ſet by let them boyle a little together then glaſs them up you muſt do but a row at a time ye berry muſt turn white.

373. *To preſerve Gooſberries.*

TAKE fair gooſberries ſtoned into fair water and to one pound of the berries 3 quarters of a pound of jelly of red currance or juice and to a pound of Gooſberries and this jelly take a pound and half of Sugar put your Sugar into a ſilver baſon wet it with a little water and when it boyls and is ſcummed put in your gooſberries and in a little time your jelly or juice of currance and when they are boyled enough ſtrain your jelly to them but if you put juice of currance you muſt allow proportionable Sugar more to it.

374. *A Pippin drink.*

TAKE 20 pippins large ones cut them in halves into an earthen pipkin that will hold 2 gallons then fill it up with Spring water and let it boyle over a gentle fire till all the vertue be out of the pippins then ſtrain it into an earthen pan pare a lemon put in half the peel and ſlice in 2 or 3 lemons being firſt pared clean ſweeten it well with refined ſugar and let it ſtand then take out the lemon and bottle it up for your Spending.

375. *To make Vinegar of Unripe Grapes.*

TAKE them and pound them and preſs them through a hair bag as yo do Sider then put into every 4 gallons as much allome as a wallnut then boyle it well and ſcumme as the ſcumme riſeth as clear as poſſible coole it and when through cold tun it up and keep it till it is ſteal and fit for uſe very cloſe ſtopt and it will be very good.

376. *A Re[a] of Harts Horne Jelly.*

TAKE ſhaved harts horne half a pound to five pints of water the which boyle very leaſurely till half be waſted then put in a little red roſe water and then give it a walme or 2 more then ſtrain it you may add juice of Lemons & fine Sugar and eat it cold or diſſolve it and drink it warm w[ch] you pleaſe.

377. *The Counteſs of Kents Lozenges for a Cold.*

TAKE 12 ounces of liquoriſh ſcraped and bruiſed a little then take half a pint of coltfoot water red roſe water hyſop water of each half a pint 2 quarts of fair water ſo put them altogether with your liquoriſh & let it ſteep 24 hours then ſet it on the fire and let it boyle very ſoftly till it be as thick as cream then ſtrain out the juice clean from the liquoriſh and ſet it

on the fire again puting in 2 grains of ambergreeſe as much allkermes as a large bean let it not boyle but ſtand till it be well incorporated then put it out into 2 or 3 pans and ſet it in the ſun till it thicken to worke like wax y^n make it into little cakes it will keep it's vertue many years but if in drying in the ſun a drop of water or rain chance to fall on any of it, it will never come to good. Aproved by the Lady Elizabeth Cope to add half a pint of whorehound water.

378. *To make Cherry Wine.*

TAKE of the beſt ſort of cherries full ripe Stone them then breake them to maſh and let them ſtand all night in ſomething that will not change the colour of the cherrie liquor next day ſtrain them out in a jelly bagg & preſs out all the juice let it run upon Sugar and to every gallon put a pound of Sugar then tun it up ſtop it up cloſe and let it ſtand a month or 6 weeks then draw it out into bottles & in every bottle put a little loaf Sugar & ſtop it up cloſe.

379. *The Portugal Cake.*

TAKE a pound of loafe Sugar beat and ſearch it very fine through a ſive w^{th} a pound of very well dryed and fine flour that the Sugar and flour may be well mingled together then take a pound of butter and waſh it well in roſe water and then worke it with your hand till it be very ſoft then ſtrew your flour and Sugar in by degrees till it be half in then put in 6 yolkes of eggs and but 4 whites then by degrees worke in the other half of flour and Sugar and when the oven is hot or ready put in 2 ſpoonfulls of roſe-water and a pound of currants or 3 quarters of carra-way comfits which you like beſt and have your plats ready buttered and fill them but half full & ſift on

ſome double refined Sugar on them let the oven be pretty hot and ſet up the Lid theſe will keep and Spend well.

380. *To Cure the Heart Burning.*

TAKE of the Stone under the crafiſh eyes taken from the crafiſh when the Sun is in cancer is beſt take as much of theſe ſtones in powder as will lay on a 6 pence in a morning and faſt after it in ſome ſmall ale poſſet drink or burrage water aproved in its cure and the quality of the ſtone in powder it will turn vinegar ſweet if ſteep'd in it.

381. *A Cream Cheeſe.*

TAKE a gallon of ſtroakings and 2 quarts of cream you muſt take a pint of new milk and put to your cream your cream muſt be very ſweet cream then take as many pickt marigold flowers as you can hold in your hands pound them and ſtrain them into the ſtroakings you muſt but boyle up your cream and run it up almoſt ſcaulding hot you muſt not breake your curd but cut it a croſs and a thwart into your vate about an inch deep your vate muſt be So ſet it in ye preſs & when you take it out you muſt keep it in ruſhes it will be ready in 10 days or a fortnight.

382. *The Lady Aſhfields Almond Puffs, Jumballs Beaten Small with Roſe Water or Orange Flower Water.*

TAKE 5 or 6 almonds to a quarter of a pound of Sugar a quarter of the white of an egg froth'd ſo made up and dryed in an oven. Her Angelicoe cakes thus pour your angeligoe into hot water to green boyle your Sugar to a candy hight chop your angeligoe when green'd and peeled & ſo boyle them in your ſirrop and drop them into cakes and ſtrew them till dry & they will keep all the year.

383. *The Lady Fuſts Hipoccras.*

TAKE a quart of white wine and as much Sherry Sack put to it an ounce of ginger of nutmegs cloves and cinnamon an ounce ſtir it altogether & let it ſtand 22 hours then put them to a wine quart of milk ſtir it well then ſtrain it through a jelly bag which hath a ſprig of roſemarie in it ſo bottle it up add if you like it a little bag of muſk & ambergreeſe into each bottle.

384. *To Pickle Oyſters.*

TAKE a peck of oyſters take a care you cut them not in y^{e} opening Save the liquor that comes from them waſh your oyſters in a pint of elder or white wine vinegar mingle your oyſter liquor and vinegar together and ſtrain it add to it a pint of fair water put to your liquor 3 blades of mace 6 cloves ſome whole pepper and Salt to your taſte let them boyle a quarter of an hour till they are tender take them off the fire & when they are cold pott them. Ye Lady Downs thinks Jamaca pepper better than the black or white pepper.

385. *To make Elder Vinegar.*

TO a gallon of white wine vinegar put a quarter of a peck of dryed elder flowers ſteep them 3 days cloſe cover'd the 4th diſtill it off it will be clear as rock water and very quick and ſharpe.

386. *To Dry Orringo Roots.*

TAKE the roots of the youngeſt Springing boyling them tender and peel them picking and waſh them and Shape them in a baſon with ſome warme water and their weight in Sugar let them boyle now and then turning them and when the Sugar begins to conſume Shake them as you do peaſe to butter which

ſhaking will work the Sugar into them then lay them before the fire in halfe a day you box them up as dry.

387. *To Dry a Gamon of Bacon.*

FIRST lay your gamon a ſoaking in a ſtrong brine a week then hang it up raw and ſalt it well with bay ſalt then let it lay a fortnight then hang it up & Smoake it with green broome then boyle it with rain water you muſt Smoake it 4 or 5 times with the broome.

388. *To Dry Neat's Tongues.*

TAKE 12 large tongues and make a ſtrong brine for them of bay ſalt & water ſo ſtrong as to bare an egg and add to it half a pound of peeter firſt cleanſe your tongues from all ſlimeneſs then put them into the brine preſſing y^{m} down to keep under the liquor and let them lay in it a month then take them and dry them to keep for your uſe.

389. *To make Almond Jomballs.*

TAKE half a pound of vallentia almonds and as many Jordan almonds put them in a ſkellet of boyling water and blanch them as faſt as you can put them in 3 ſeveral waters then beat them as ſmall as may be but keep them from oyling by puting in often ſome roſe water and fair water Soake ſome gume dragon in ſome roſe water and fair water mingled then take a pound of double refined Sugar Siveted through a tiffanie ſive then take half your almonds & half your Sugar put it on a chaffendiſh of coles in a pewter diſh when it is well diſſolved put in ſome of your gumme and mingle it very well beat the whites of 10 eggs to a froth and put them in keeping it ſtill ſtiring till it be ſtiff to mould let it ſtand till it be near cold Sive ſome Sugar on a paper and make them

up if you like colliander or any other ſeed you may add to them if you pleaſe.

To make cakes of the other half Take the other half of your almonds and Sugar mingle it well but ſet it not on the fire till the oven be hot and ſweeping then have ready the whites of 4 eggs beaten to a froth mingle it with the cakes then ſift ſome fine Sugar on a pye plate drop it on the plate ſift ſome Sugar on them ſo ſet them in your oven make your jomballs firſt the cakes muſt be baked as ſoon as made the almonds will require half a day to beat them.

390. *To Dry Apricocks.*

TAKE a pound of apricocks before full ripe half a pound of the beſt Sugar Scauld your apricocks in fair water after they are pared then dry them in a cloth then boyle them in a Sirrop of that Sugar & ſo dry y^{m} in y^{e} ſun or ſtove.

391. *To Ice Cakes.*

TAKE 3 quarters of a pound of double refined Sugar Sifted through tiffany put it into a porrenger have ready 2 penny worth of gum dragon ſteep'd in roſe water 4 days with ſome muſke or ambergreeſe beat it together till it be very white this will glaze jomballs or cakes or anything.

392. *To Preſerve Grapes Green.*

TO a pound of grapes take half a pound of Sugar after they are ſcummed and ſtoned put them in your Sugar without water ſet them on a quick fire and boyle them as faſt as you can firſt they will look like Scaulded gooſberries afterwards very clear after that as if they were burnt but by long boyling they will come to a very good green colour and then they are enough. aproved as ye beſt way to preſerve grapes.

393. *To dry Peaches.*

GREEN them as other fruit put a little Sugar in the water it will do the better when they are tender you may wipe off the ſkin make with 3 quarters of a pound of Sugar a Sirrop for a pound of peaches when they a little tender ſtone them boyle them till they are half enough then put them in a pot cloſe covered where they may ſtand warme 3 or 4 days take half a pound of Sugar make more Sirrop drain them from the old then put them in a clean pot pour ye other Sirrop boyling hot on them cover them up cloſe put the pot on embers a while then keep them in a ſtove.

394. *To make Almond Cake.*

TAKE a peck of fine flour dry'd 6 pounds of almonds blancht and beaten with roſewater a pint of Sack 4 pints of ale barme breake in 4 pound of butter carraway ſeeds and what ſpice you pleaſe mingle all well together 10 pound of currants after it hath riſen & ſome chopt raiſons will make it moiſt and ſome Salt.

395. *To make Jockallato drink.*

TAKE half a pint of milk and as much fair water put both into a glaſs bottle ſet it in a ſkellet of water when it boyles put to it an ounce of jockallato finely ſcraped 2 eggs and 2 ounces of Sugar beat them very well together and put it into your water in the bottle ſhaking it together till it be coole enough to drink.

396. *To make Sugar Cakes.*

TAKE half a pound of flour a quarter of Sugar as much butter 6 ſpoonfulls of roſewater make it into paſte and bake them on plates it will make 24.

397. *To make Almond Tarts.*

TAKE a quart of cream and a quarter & half quarter of a pound of blancht almonds beaten very ſmall with a little roſewater and cold cream put them to the boyling cream with the yolkes of 6 eggs let it boyle till it be pretty thick ſtill ſtiring it then take it from the fire and put in a grain of muſk diſſolved in a little roſewater put in a quarter of a pound of ſweet butter Sugar to your taſte your cruſt muſt be made with an egg a little butter & fair water to your flour then raiſe your dough of what faſhion you pleaſe a little higher than biſkit pans & put no leds to it but pin them up in papers to keep them up in y^{e} oven a little more than a quarter of an hour will bake them.

398. *To make Jellies.*

TAKE a log of veal and a pair of calves feet boyle them in 4 gallons of water and let it boyle 4 or 5 hours till it is a ſtrong jellie then ſtrain it out through a linnen cloth and let it ſtand a little while and take off the fat as clean as you can then put in an ounce of whole cinnamon & the juice of 6 lemons a quarter of a pint of white wine vinegar but I think rather white wine a little Salt half a pound of white Sugar boyle all theſe in a ſtew pan or Skillet a little while then put in the whites of 20 eggs pretty well beaten and let it boyle half a quarter of an hour then put it into your jelly bag and hang it as near the fire as you can & let it run into a large diſh when it is all run out put it into a ſtue pan again & clear it again with the whites of 6 eggs then put it into your jelly bag again then what you intend ſhall be clear let it run into a mazarine or flat diſh & what you would have white let it run through almonds finely beaten and ſtrain your jelly through them in a cloth into the diſh you will ſerve it in and you muſt have Scooped

oringes and lemons & egg ſhells and fill them with jelly of ſeveral colours as you will have them.

To make the red take half an ounce of Kucheneall half an ounce of Roach allome half an ounce of cream of tartar boyle all theſe in a pint of water till half be conſumed then put it into a glaſs and ſtop it cloſe & it will keep a year.

399. *Friccaſies or Veal Collops.*

HACKE or chop your veal colops and grate nutmeg over it then heat in your frying white wine butter Anchoveſe and Shallot and capers with your meat ſtill ſhaking your pan as the liquor may thicken then when your meat is fryed enough from being raw (for if to long it will make it hard) then take more white wine nutmeg and the yolks of 3 eggs and beat them into your pan and ſhake all very well together and So Serve it in you may mince your capers if you pleaſe and rabits or chickens eat well ſo.

400. *Sr Edward Guſt's Cordiall for Old and Young.*

TAKE an ounce of conſerve of red roſes a dram of Diaſcordium & a Scruple of confection of allkermes incorporate all theſe well together then pot it up for your uſe and take the quantity of a nutmeg laſt at night when any faintineſs is on the Spirits or Stomache.

401. *A Oringe Pudding or Lemon.*

TAKE half a pound of loafe Sugar ſift'd and dryed 4 ounces of Lammas wheat flour finely ſift'd and dryed very well 6 ounces of freſh butter and the yolkes of 4 new laid eggs and the whites of 7 beat your butter in a bowle till it be like pap not heat at all but raw with 2 ſpoonfulls of Sack and 2 of roſewater you may infuſe ſome clovejilly flowers in your

roſewater to make it look brown when your butter is beat like pap then you muſt put in your 4 yolkes and 7 whites of egg and beat them up together till it's a little mingled then put in the Sugar then the flour and keep beating of it upwards as for Biſkit it muſt not be Slackned in the beating but beat an hour then take the peel of 2 oringes candied or raw but if raw boyle out the bitterneſs ſhred in your peel but put it not in till the laſt and then ſqueeze in the juice of 2 oringes if you have any when it is beat an hour and half and your peel in you may add perfume and have a pound of flour 4 ounces of butter 2 eggs whites and yolkes 2 ſpoonfulls of Sack make it up in paſte cover the diſh with it very thin bottom and brims and put your pudding in a flat broad diſh and cover it with ſome of the ſame paſte a little thicker at top ſet it in an oven hot enough for manchet & 3 quarters of an hour will bake it.

402. *The Lady Long's way of drying a Gamon of Bacon.*

LET it be as long as you can unſalt'd if it take wind a little the better provided it taint not then ſalt it leaſurely by degrees moderately with bay ſalt and ſome peeter ſalt if you pleaſe then gently Dry it and when you boyle it change it out of boyling into cold waters divers times w^{ch} will make it look ye reder.

403. *To frye Veniſon.*

FIRST ſlice it then flour't through a tin drudge then fry it in freſh butter untill it is a little criſped then pour away that butter then put to it a little gravey nutmeg, muſtard, and Sugar and So Serve it in when warmed and Shaked with your veniſon in a pan and pour'd out altogether into your diſh.

404. *To order Veniſon to keep it cold a year round w^th^ y^e^ Gravey in it.*

TAKE when your veniſon is boned and good Sweet and fat bacon thin ſliced and y^r^ ſeaſoning ſpices ready by you about a pint of claret wine and a clean bunch of feathers then ſlit all the lean parts of your veniſon about the length of your finger dip your feathers in the wine and wet the ſlit then put in ſome of the ſeaſoning of the Sweet Spices made of nutmegs cloves Jamacoe pepper and a little ginger and Salt and then to that a ſlice of thin ſliced bacon and thus do in all the lean parts of your veniſon ſlitting it and weting the ſlits with the wine and then filling up the ſlits with the Seaſonings and ſliced bacon then put into the bottom of the pot you bake and keep it in ſome good beef ſewit and your ordinary of Seaſoning pepper and ſalt among your ſewit & all over your veniſon and fit your veniſon to the ſide of your pot and put good Sweet butter alſo at the bottom of your pot and round the ſides and ſome of your ſeaſoning and the remainder of your wine then turn down the beſt and top of your veniſon the flateſt part to the bottom of the pot in the baking and keeping it ſo till you come to ſpend it ſeting it into the oven with ſome brown bread and when you draw it forth preſs out the gravie as well as you can and as hot with a trencher and a great weight on it waſhing your weight and trencher clean ere uſed then put all the gravie you ſtrain out into a larger ſkillet then it will hold that you may alſo put to it the gravie of the bones baked and broken ere you bake them with wine and ſeaſoning of Sweet Spices which when you have drain'd from the baked bones add to the former gravie and then take a faggot of Sweet marjerom bay leaves a little pennyroyall and a little roſemary ty'd up in a fagot and put into your gravie and then take a clean ſtick and meaſure the depth of your gravie in your ſkellet and make a nick

in the ſtick at the middle of depth, that you may be ſure to boyle half away by the meaſure of your ſtick then take it off the fire and pour it as hot as you can into your pot of veniſon and ſo let it ſtand till it be cold gently preſſing down your veniſon before it be quite cold that the meat may be cover'd and ſink down to bottom and the gravie cake over it Remember to take out the fagot of herbs ere you put your gravie to your meat if it cake hard over then noe butter need be aded to keep it the year round but if it be thin you muſt add butter melt'd up to cover it but pour it not to your gravie till it be cold and head'd pour your melt'd butter on it no warmer than juſt to run all over it and when quite cold cover up your pot with a board and paper that no air nor vermine as rats or mice come to it and it will keep a year round very good but when you come to ſpend it take off the ſtale butter and ſet it in a Kettle of water to melt it off and let none of the water get in but when throughly hot take your pot out pour off the ſtale butter and turn out your veniſon the bottom upwards as being the beſt and put freſh butter to it and when cold it will eat as if new done but while it is ſpending wherever cut it muſt be cover'd again with butter or it will turn vinie if it ſtand to take air where cut the pot you turn it into ought to be a ſweet and well ſeaſoned pot wth ſome freſh butter in it.

405. *To make Wigs.*

TAKE 3 pound and a half of fine flour a pound of butter melt'd in a pint of milk and a quart of good ale yeſt half a pound of Sugar mix't in your butter milk and yeſt halfe an ounce of cloves mace and nutmegs a quarter of an ounce of carraway ſeeds a little ſalt mingle all theſe well together in your flour working them all into a pretty ſtiff paſte wth your

hands & weigh out about 4 ounces to a wig and So rowle them up into wigs and bake them upon paper or tin plates butter.

406. *To dry Gooſberryes Plummes or Angelicoe.*

TAKE your gooſberries the faireſt you can get or your plummes and ſlit them on the ſide with a penknife or on the top and lay them in hot water and ſo let them lay in the hot water till they be tender as you will have them at all then take them out and put them into cold water your gooſberrys or plummes and let them lay a week or 10 days till the water be very ſharpe of the taſte but the angelicoe muſt lay in water but 4 days then make a very ſtrong ſirrop and ſo boyle them up you muſt keep your angelicoe a fortnight in your ſirrop then take it out of your ſirrop and lay it on a confectioners wyer to dry over a charcole fire throughly kindled that there be no ſmoake in the kindled coales of either wood or cole if you have occaſion to dry oringes or lemons keep y^{m} in a ſtrong ſirrop till a day or 2 before you uſe them and dry them after the ſame manner they will be dry in half an hour or Leſs, dry without & moiſt within and this way will make your fruit green enough without any peeling and alſo your angelicoe.

407. *To Roſte a Haunch of Veniſon.*

SKIN and bone your veniſon beat it and ſeaſon it as you like beſt ſweet or hot ſpices ſalt and herbs ſuch as pleaſe your taſte beſt then coller it as you do beef with ſome butter or bacon with your Seaſoning tyeing it hard with pack thread wraping it up firſt in the caul or ſkin of the veniſon ſo tye it on to your ſpit Save what drops from it in roſting for your Sauce roſting it very well and ſo Serve it up.

408. *To make the Cockleſhell Sweetmeat.*

TAKE ſome double refined Sugar and ſearch it very fine through a fine ſive and beat it into a ſtiff paſte with a white of an egg and rowle it very thin and put it on your ſhells and dry it in a ſtove or in the ſun you may colour y^{m} as you pleaſe.

409. *To make Red Currant Wine.*

LET your fruit be full ripe and gather'd on a dry day and to every 3 pound of currants good weight with their ſtalks and ſtems on take one quart of water & one pound of ſugar put your water to your currants & with your hands ſqueeze them through a hair Sive then put your Sugar to your juice and when it is well mingled together and the Sugar is diſſolved then put it into a very dry and ſweet veſſel fill your veſſell quite full and let it worke a week and then ſtop it up and let it not be tap'd under 10 weeks time and then draw it off as you drink it or bottle it which you pleaſe.

410. *To make Aquamirabilis.*

TAKE a pint of the juice of Sallendine and half a pint of the juice of balme and half a pint of the juice of Spermint of roſemary flowers cowſlip flowers clovejilly flowers burrage and burglaſs flowers mellilot flowers of each one dram and all other cordiall flowers you think fit and of cubibs ginger cardimums gallingall cloves mace nutmegs of each one dram put all theſe ingredients in 3 pints of Sack with a pint of ſtrong angelicoe water and half a pint of red roſe water ſteep them one night and the next morning put it in a cold ſtill and draw off 3 quarts of water firſt laying harts tongue leaves at the bottom of the ſtill when the water is drawn off mingle it altogether ſweetening it with white Sugar candie or very fine loafe Sugar bottle it cloſe ſtopt and to ſtand cool.

411. *To make Vinegar.*

TAKE 6 gallons of fair water and put it into a 9 gallon veſſel hoop'd with iron put thereto 18 pound of ordinary malligoe raiſons waſht a little in one water ſtalks and raiſons altogether paſte on a coarse ſtrong cloth over y^e^ bung hole with yeſt ſet in the hoteſt ſun you can may June July and in September it may be uſed.

412. *A Pickle for Brawn.*

TAKE 9 gallons of water 2 handfulls and a half of bay ſalt an ounce of cloves mace and white pepper altogether and put it whole in and boyle it a full hour boyling in it a quart of milk ſcumme the milk clear off but leave your Spice at the bottom for your liquor to feed on and keep it ſweet ſo keep it till the morrow to be through cold ere you put in your brawn and when your brawn is in keep it as coole as you can and twill keep a quarter of a year you may add jamacoe pepper and it will be the better.

413. *For Fits.*

TAKE of gentian roots grated as much as will lay on a 6 pence 3 nights before and 3 nights after every change of the moon in 2 or 3 ſpoonfulls of wine or beer.

414. *A Cordiall Tincture for the Collicke by ye Lady Fuſt.*

TAKE ſena liquoriſh Guiacum or lignum-vite elecampane roots not dryed of each 2 ounces annyſeed corriander ſeeds of each an ounce raiſons of the Sun pick'd and ſton'd one pound infuſe all theſe in 3 quarts of the beſt aquavite a fortnight or 3 weeks till all becomes a red tincture ſo ſtrain it out and keep it for uſe.

415. *Hyſterick Electuary the Lady Gerrard's Re^{a}.*

VENISE treacle half an ounce bittony flowers roſemary flowers & burrage flowers of each ahalf an ounce amber in powder half an ounce caſtor in fine powder one dram let theſe be incorporated in a ſtone morter wth as much ſirrop of pioneys as will make a ſtiff electuary, Let ye patient at the full and change of the moon at going to reſt take the quantity of a nutmeg in 3 ſmall pills and drink after it a ſmall drink of poſſet made with white wine with a root of a ſingle pioney boyled in it & for 3 mornings after uſe no other breakfaſt but a draught of the ſame poſſet Hereby are cured both old and young of convulſions Hyſterick vapours fitts and falling ſickneſs.

416. *To Pickle Kidney Beans.*

TAKE young beans boyle them tender (and take them before they be ſtringy) in pickle made of vinegar and ſalt as ſtrong as will bare an egg and therin let them lay about a week then take them out again and boyle them in fair water till they look as green as you like them then put them in the former pickle again and they will keep all the year.

417. *To Pickle Cucumbers.*

TAKE ſmall cucumbers and ſcauld them then take 2 handfulls of fennell ſeeds half ſo much deaill ſeeds a little mace 2 quarts of water half ſo much vinegar one pint of white wine ſeaſon it well with ſalt and when it is cold keep your cuccumbers in it.

418. *The Lady Lees Sore Breaſt Poultiſe.*

TAKE a pint of ſtrong ale of hollyhock leaves chickweed gruncell mallows of each herb a handfull chop them very ſmall boyling them in the ale till half be conſumed then thicken it with rie meale or

brane of wheat and put in a pretty piece of boars greaſe, boyle it till it come to a fit thickneſs for uſe if it break the breaſt keep it open with a mallow root dreſſing it twice a day . this aproved good for many Cares.

419. *The Lord Briſtoes Contraerva, or Counter Poiſon.*

TAKE rags of pearl, corall white amber crabs eyes beazar ſtone harts horne of each half an ounce roots of contraerva one ounce all finely powdered ſift them through a treble ſive then take the powder of crabs claws the black only 8 ounces finely ſearcht, then as much harts horne jelly as will make them up in paſte and rowle them into balls and dip them into cakes with the top of your finger drying them temporately the eyes and claws muſt be taken in may only.

420. *A Sweet Water.*

TAKE a gallon of Spring water a handfull of Lavender flowers as many pinks 3 handfulls of roſes as much ſweet marjerom the peeling of 6 oringes 12 cloves bruiſe all theſe and put to them one ounce of orrice powder 4 ounces of benjamin put all theſe into a roſe ſtill and draw off the firſt quart by itſelfe and then a pint, you may draw after that another water from the leeſe which will ſerve for preſent uſe but not keep, put into your quart bottle 12 pennyworth of muſk and in the pint bottle 6 pennyworth tied in bags and a little juniper ſliced very thin as much as will lay on half crown 2 or 3 ſpoonfulls will ſweeten a baſon of water keep it ſtop't very cloſe it will keep a year or 2.

421. *The beſt way to make Sirrop of Violets.*

STAMP and ſtrain out the juice of the bleweſt Single garden violets or ither to one pint of juice alowe a pound of Sugar or more, put no more water

to your Sugar than will wet it when it 's boyled to a candie hight pour in your juice and mingle them well together and when it is ready to boyle take it from the fire and ſcumme it clean then ſet it to the fire again and when ready to boyle ſcumme it again thus do 5 or 6 times and keep it after for your uſe but if it boyle it will change the colour.

422. *To make Oringe Water.*

TAKE 60 of middling oringes and pare off the yellow of the peel beſure to cut between the red and white peel that you may cut off all ye poars then take the yellow peel ſo pared and ſteep them in a gallon of Sack canarie Sack 48 hours then diſtill them in a limbeck if you would have it very Strong or elſe in a cold ſtill with a gentle fire puting Sugar candie in the receiver you may draw 2 or 3 ſorts the firſt runings being the Strongeſt.

423. *To Preſerve the Water Mellon.*

FIRST pare and quarter them and boyle them in ſeverall waters till it be tender and look green put them in the water when it boyles when it has boyled in that water a pretty while take it out and put it in cold water and ſo do till it be tender boyle in the waters ſome lemon peel cover them with a cloth in the boyling, if they are ſo ripe that the ſeeds look red then take y^{m} out then take to every pound of mellon a pound and a quarter or a pound & a half of double refined Sugar and a pint of fair water; make a Sirrop thereof and put in your mellon and lemon peel which preſerve with the mellon then let it lay in that Sirrop for 9 days then boyle it again and when it is done take it up and add ſome pippin liquor to it (Loafe Sugar at the firſt) for the quantity of liquor you have then add ſome juice of Lemon to it muſk or ambergreeſe if you like it.

424. *To make Paſte of Gennaye the true way.*

TAKE quinces and boyle them in their ſkin then ſtrain all the pulpe from y^e^ coare ſtrain it through a piece of cuſhen canvis take as much ſugar as y^e^ pulpe do weigh put to it twice as much water as will melt it that is half a pint to every pound of Sugar boyle it to a candie hight dry the pulpe upon a chaffendiſh of coles then put the Sirrop and the pulpe hot together boyle it with ſtiring until it will lye upon a pye plate even as you laye it and run no broader, then faiſhion it ſome like leaves and ſome like letters ſo put your pye plate in a warme ſtove or oven ſet it upon 2 billets of wood from the hearth of the oven all one night, on the morning turn it & ſo ſet it in the like heat again and every day turn it till it be dry.

425. *To make Marmalade of ſome of theſe Quinces.*

TAKE ſome of this paſte after it be placed upon the pye plate and boyle it untill it will come clean from the bottom of the poſſwett and then box it that is all the Difference between paſte and marmalade.

426. *To make Paſte of Oringes and Lemons.*

TAKE your oringes well coloured boyle them tender in water Shifting of them 6 or 7 times in the boyling put into the firſt water a handfull of ſalt and then beat them in a wooden bowle with a wooden peſtel ſtrain them through a piece of cuſhen canvis take the weight of them in Sugar and ſome what more then boyle it and dry & faſhion it as before in ye 424 Re^a^.

427. *To make Paſte of any tender Plummes.*

TAKE any tender plummes and put them in an earthen pot and put your pot into a pot of Seething water and when they are diſſolved ſtrain all y^e^

water or liquor from them through a fair cloth and ſet the liquor by to make quiddenye of then ſtrain the pulpe through a piece of cuſhen canvis take as much Sugar as the pulpe do weigh put to it as much water as will melt it and boyle it to a candie hight and boyle the pulpe of the plummes very well upon a chafendiſh of coles and put them hot together ſo boyle them with ſtiring then lay them upon a pye plate and faſhion it & dry it as before put ſome pulpe of apples amongſt the plumme pulpe or it will be tough.

To make marmalade of theſe plummes there is no difference but boyle it higher then your paſte till it come clean from the bottom of ye ſkillet then box it.

428. *To make Conſerve of any of theſe Fruits.*

WHEN you have boyled your paſte before ſaid ready to faſhion upon the pye plates put it up in gallypots and never dry it and that is all the Difference between conſerve and paſte, and ſo you may make conſerve of any fruits this is for all hard bodyed fruits as quinces, pippins, oringes & lemons.

429. *To make any Conſerve of tender Fruits.*

FIRST diſſolve your plummes as you did to make your paſte ſtrain through the liquor and pulpe and all to every pint of that take 3 quarters of a pound of Sugar and ſo boyle it untill it be ſomewhat thick that when you lay ſome of it upon a cold diſh it will run no broader then pot it up.

430. *To make Quidony of the Liquor you kept of your Plummes before.*

TAKE a quart of that liquor and boyle it with half a dozen fair pippins pared and cut in ſmall pieces then ſtrain all the thineſt from it and put to every pint of that liquor half a pound of Sugar and boyle it until it will ſtand upon the back of your ſpoon like

quaking jelly, then pound it into your moulds your moulds being wett before and when it is almost cold turn it off unto a wet trencher so slive it into a box your box being wet alſo.

431. *To make Paſte Royal of any Fruits.*

TAKE marmalade before it be cold & then mould it up in ſearched Sugar until it come to perfect paſte then print it in your moulds & then dry it.

432. *To preſerve Fruits Green.*

TAKE pippins apricocks pear plummes or peaches while they are green ſcauld them in hot water and peel them the peaches and apricocks Scrape the furr off them y^{n} boyle them very tender take as much Sugar as they weigh put to it as much water as will make a Sirrop to cover them then boyle them ſomething leaſurely and take them up then boyle the Sirrop until it be ſomething thick that it will button upon a diſh ſide and when they are cold pot them up together.

433. *To preſerve theſe Plummes when ripe.*

TAKE as much Sugar as they weigh and put not ſo much water to them as you did to the green for they will yield liquor of them ſelves boyle them not altogether ſo leaſurely as you did the other if you do the Sirrop will turn red and ſo when you have boyled them take them up and pot them as aforeſaid.

434. *To preſerve Damoſens Red or Black Plummes.*

TAKE as much Sugar as they do weigh and as much water as will make a Sirrop to cover them then boyle them a little while in the Sirrop cloſe covered and turn them very often for ſpoting them ſet them all night in their own Sirrop and on the morrow ſet them upon a pot of ſeething water and let

them boyle no faſter then the water ſeethe under them then when they be through ſweet and tender take them up and pot them but let the Sirrop be boyled till it will button upon a diſh ſide before it be poted.

435. *To preſerve Grapes Barberryes or Gooſberrys.*

TAKE as much Sugar as they do weigh and ſomewhat more and beat it very fine take a preſerving pan or ſkillet lay a lay of Sugar and a lay of the fruit till you have laid all then take 6 ſpoonfulls of fair water as much as will wet the bottom of your pan then boyle them as faſt as you can untill they be clear then boyle the ſirrop until it will button upon a diſh ſide then when they are cold pot them up together.

436. *To preſerve Quinces white.*

PARE them and core them and take as much Sugar as they weigh & to every pound of Sugar put but a wine pint of water put your quinces Sugar & water together and boyle them as faſt as you can uncover'd and this may you preſerve pippins.

437. *To keep Quinces raw all the year.*

TAKE ſome of the worſt quinces and cut them in ſmall pieces boyle them in water till it be ſtrong of the quince put into in the boyling to every gallon 2 ſpoonfulls of Salt as much of engliſh honey half a pint of white wine vinegar then ſtrain it and when it is cold put it into a wooden veſſel and take as many of your beſt quinces as will go into that liquor then ſtop them up very cloſe that no air get into them and they will keep all the year.

438. *To candy Barberries Grapes and Gooſberries.*

AFTER you have preſerved them by Numbr 435 dip them in warme water very ſodainly to waſh off the ropie Sirrop then ſtrew them over with ſearched

Sugar as you would do flower upon fiſh to fry and ſo ſet them in a warme oven or Stove 3 or 4 times and never let them be cold untill they be dry and they will look like ſparkling diamonds.

439. *To make Clear Cakes.*

TAKE plummes of any ſort Raſberries are beſt put them in a ſtone jugg & when they are diſſolved ſtrain them through a fair cloth and take to a pint of that a pound of Sugar and put to it as much water as will melt it & boyle it to a candie hight boyle the liquor likewiſe in another poſſnet by them put them ſeething hot together boyle them a little while together with ſeething then put them into glaſſes made like marmalade boxes and ſo ſet them in a warm oven or ſtove in a drying heat let them ſtand ſo a fortnight or 3 weeks and never be cold remove them from one warm place to another that they may not be cold they will turn in a week beware you ſet them not to hot they will be tough & ſo every day turn them till they be dry & they will look very clear canded without and moiſt within.

440. *To Dry any Fruit after they are Preſerved.*

TAKE pippins pears or plummes waſh them out in warme water from that ſirrop they are preſerved in and ſtrew them over with ſearched Sugar as you would do flour upon fiſh to fry them ſet them in a broad earthen pan that they may lie one by one then ſet them in a warme oven or ſtove to dry if you will candie them with all you muſt ſtrew on Sugar 3 or 4 times in drying.

441. *To Dry any Fruit without Sugar.*

TAKE pears or pippins and lay them in an earthen pan one by one and bake them full but not let them brake then lay them upon ſeafe bottomes in an

oven and ſo dry them up in a drying heat and ſo every day turn them till they be dry.

442. *To candie the Clear Rock Candie.*

TAKE Spices or flowers or any dryed ſucket any fruits after they be preſerved and dry again lay them upon round wyers in an earthen pan the pan narrow at the bottom and broad on the top and take as much refine Sugar or Craſeel powder you muſt neither take barberry Sugar nor maderous they are to fat put to it as much water as will melt it that is half a pint to every pound and ſomething more and when your Sugar is all melt'd take the white of an egg and a dozen ſpoonfulls of fair water beat it together in a baſon wth a burchen rod till it come to a froth then put the froth of the egg into the hot Sirrop ſet it on the fire again and when it is boyled and when it riſeth drop a drop or 2 of cold water amongſt it then ſet it on the fire and ſcumme it then boyle it to a candie hight that is when it will draw like a thread between your finger and your thumbe then pour it ſeething hot into your pan amongſt your fruit ſet it upon a cuſhen in a warme chimney corner cover it cloſe with a blancket on the morrow pour out all the Sirrop that will run from it and then ſet your pot in a warme place again to dry pick up your wyer take of all your fruits lay them on paper to dry y^{n} box y^{m}.

443. *To ſucket Candie Oringes Lemons Pome-Citerons & Lettice Stalks.*

BOYLE them tender in water and then Candie y^{m} as you do Ringoe roots by Re^{a} 356.

444. *To candye Flowers the Spaniſh Faſhion.*

TAKE flowers of any Sort whatſoever and picke off the leaves from the flower and make a Sirrop of Sugar and put in the bloſſoms of your flowers as

many as will go into the Sirrop boyle them with ſtiring until it be turned to Sugar again ſet it off the fire and with the back of a ſpoon ſtir them and bruiſe the ſugar from them and they will be canded and no Sugar ſeen upon them.

445. *To make Lozenges of any of theſe Flowers.*

MAKE a Sirrop of Sugar as before and take the bloſſoms of what flowers you will & ſherd them on a trencher or beat them in a wooden diſh then put in as many as will colour the Sirrop of that colour the flowers are of and boyle it with ſtiring till it will come clear from the bottom of the Skillet and ſo thick that it will ſcarce drop out of your ſpoon then pour it upon a wet trencher wth a wet knife ſpread it abroad not very thin when it is cold cut it in ſquare lozenges like ſquare diamonds.

446. *To make a March Payne Ice it Garniſhe it & Gild it.*

TAKE almonds and blanch them out of ſeething water beat them in a ſtone morter drop in now and then a drop or 2 of roſewater to keep them from oyling now & then ſtrew in a handful of ſearched Sugar to bring it to paſte when you have brought it to perfect paſte rowle it abroad as thin as you will have it ſet an edge about it as about a tart then make little conceiptes to garniſh it then ſet it in an oven as hot as for manchet and bake it lay wafers under it upon a double paper bake it on a pye plate, then ice it with the white of an egg roſewater and ſearched Sugar beaten together as thick as batter for fritters when it is half baked ſpread on this ice with a feather ſet it into the oven again when the ice is riſen take it out ſtick in your garniſhing in long cumfitts while it is hot then when it is cold gild it.

447. *To make Sugar Plate.*

TAKE ſearched Sugar make it up to paſte with gumdragon ſteep'd with roſewater when you have brought it to a perfect paſte rowle it as thin as ever you can ſo print it in moulds & it will dry as it lies.

448. *To make Wallnuts Artificial.*

TAKE ſome of the Sugar plate print it in a mould made for a wallnut kernell and yellow it over with a little ſafforn water with a feather take ſearch'd cinnamon and Sugar as much of the one as the other make it up to paſte with gumdragon ſteep'd with roſe water print that in a mould made like a wallnut ſhell & when they be dry cloſe them together with a little gumdragon.

449. *To make Muſkedyne Cumfits.*

TAKE Sugar plate mould it in a little muſke and ambergreeſe then rowle it as thin as paper and cut it ſquare like lozenges like ſmall diamonds then let it dry as it lyeth.

450. *To make Italyan Biſkit.*

TAKE Searched Sugar a little of the white of an egg a little ambergreeſe and muſke according to your taſte and when you have beaten this to paſte in an Alleblaſter morter then mould it in a little annyſeed finely duſted and make it up in loaves as big as crabs cut them about like manchet and when they be riſen Something high take them forth upon the plate you baked them on remove them not till they cold for if they be they will breake.

451. *To make French Biſkit.*

TAKE half a peck of flour 4 eggs half a pint of ale yeſt an ounce and half of annyſeeds make all theſe together in a loaf with a little ſweet cream and

a little cold water make it in the faſhion of a dutch loaf ſomething long cut it in good thick ſlices like toaſts when it is 2 day old then rub it over with powder Sugar and lay it in a warme Stove and let it dry in and ſo you muſt Sugar it over 3 or 4 times & then box it.

452. *To make Macaroons.*

TAKE almonds and blanche them take a quarter of a pound and 3 ounces of Searched Sugar beat theſe in a morter with a little of the white of an egg and roſe water ſo beat it till it be a thicker than batter for fritters drop it upon wafers and ſo bake it.

453. *To make Naples Biſkit.*

TAKE almonds as you did for macaroons to a quarter of a pound an ounce of pine apple ſeeds bake it as before that is all the difference.

454. *To make any Artificial Fruits, as Oranges, Lemons, Cucumbers, Radiſh, Herrings, Sprats, Oyſters, or Muſhells.*

TAKE alleblaſter moulds made in 3 pieces bind 2 pieces together water them very well an hour or 2 take as much ſugar as will fill your mould by your own aime boyle it to a manus Chriſti that is till it be almoſt Sugar again then pour it into your mould very quick put on the lid of the mould & turn it round with your hand very quick & when it is cold take it out it will be whole and hollow.

455. *To boyle Sugar to a Manus Chriſti.*

BOYLE it till it be almoſt Sugar again and the laſt drop of your ſpoon there will a hair drop from it as fine as the hair of your head.

456. *To boyle Sugar to a Candy Hight.*

BOYLE your ſugar till it will draw like a thread between your finger & thumbe.

457. *To make a Pomander.*

TAKE Benjamine, Storax, Labdanum, of each half an ounce Muſke, civit, of each ſix grains, 2 grains of ambergreeſe a dram of ſweet balmeſum beat all theſe together in a hot morter then rowle it up in beads as big or as little as you will have it while it is hot and ſo make holes in them and ſo uſe them.

458. *To make a Perfume to burn in a Chamber.*

TAKE Benjamine, Storax and Labdanum of each a like a little damaſke powder orace powder a little, a little frankenſenſe and mirr powder of Jewiper beat all theſe together to a paſte in a hot morter and ſo make it up in the faſhion of great black cloves & ſo burn them when you pleaſe it's a pleaſant ſmell.

459. *A Perfume to perfume Starch.*

AFTER you have made your ſtarch ſomething thick put in ſome roſe water w^{ch} muſk and ambergreeſe have been Steed in all night and it will make your linnen to ſmell moſt pleaſently.

460. *To perfume Gloves.*

TAKE benjamine, Storax, civit, muſke and ambergreeſe with the oyle of Sweet balſame with a little orace flower water grind all theſe very well upon a painters ſtone and ſo waſh your gloves with it and put them upon ſticks & dry them the oyle of balſame keeps y^{m} supple that they will not dry ſtiff.

461. *To make a Mothes Powder to lay amongſt your Linnen or Wollen Clothes.*

TAKE the moſs of a ſweet apple tree lay it in ſteep in roſe water all one night ſtop the veſſel very cloſe that it is in then lay it a drying in a paper in a warme oven So ſteep it and dry it 3 times then beat it very fine and put to the powder of cloves the powder of ſweet marjerom orace powder damaſke powder as much muſk and ambergreeſe as you pleaſe no civit for that will clam it then put it in a taffety bag and ſo uſe it.

462. *A Water to make the Breath Sweet.*

TAKE the powder of Sage the powder of Winter Savery and the powder of Sweet marjerom the powder of cloves and mace a little nutmeg a little muſk ſteep'd in the juice of lemons and white wine drink all theſe together a ſpoonfull at a time evening and morning wth the juice of lemons amongſt it.

463. *A Powder to make the Teeth White and Sweet.*

TAKE the powder of Sage the Shavings of ivory put them amongſt ye juice of lemons & every evening and morning rub your teeth therewith & it will make them both white and ſweet.

464. *An excellent Water to clear Hands and Face.*

TAKE a quart of fair water a pint of white wine the juice of 4 lemons put into theſe bean bloſſoms elder bloſſoms white lilly bloſſoms a handfull of them all put them amongſt the wine and water and put into 4 wild daſie roots 4 marſh mallow roots and 2 or 3 bunches of wild tanſie as much of femitary the weight of 2 pence in campheer put all theſe together in an earthen pot ſet the pot in warm aiſhes all night then in the morning ſtrain it through a piece of white

cotton clean waſht and put it into a narrow mouth'd glaſs ſet the glaſs in the ſun 3 or 4 days in the heat of the ſun if there be any redneſs or pimples in the face take the white dung of a hen and ſo ſteep it in that water all one night then ſtrain it again through the cloth waſh your face with this water evening & morning if you waſh your hands with any of this water put thereto 3 or 4 bruiſed almonds this is y^e^ moſt excellent water that ever was made to clear hands and face withall. Probatum Eſt.

465. *Sr. George Horſeyes Green Ointment for Aches proceeding from a Cold Cauſe for Shrunke Sinews in Man, or Beaſt, & for Strains it's incomperably good & holds Perfection* 40 *years.*

TAKE mallows groundcel ſtrawberry lavender cotten birtch leaves chickweed comfry parſley ſage leaves bayleaves cammomile, Adderſtongue oxeye of each 3 handfulls chop the herbs very ſmall and beat them in a morter take of roſes four pound frankenſence 2 pound and ſet them upon the fire then put in hogſgreaſe 12 pound may butter clarified in the Sun 38 pound Sallet oyle 1 gallon Turpentine 4 pound verdigreaſe half a pound when all theſe are melt'd put in the herbs & let them boyle half a quarter of an hour and carefully ſtir while it is upon y^e^ fire then take it off and ſtir it a quarter of an hour after when it is cold put it into pots cloſe covered and ſet them in a horſe dunghill a yard deep for 21 days then take them out and put them altogether & ſet them on the fire again and boyle y^m^ a walme or 2 then ſtrain it and put thereto 2 pound of oyle of ſpike ſo apply it to the place agrived gently warming it with one hand this is only to be made in may. Probatum Eſt.

466. *To make Thin Cheeſe.*

TAKE 8 quarts of new milk from y^e^ cow ſtrain'd put to it 4 or 5 quarts of cream ſtrained and put to 8 quarts or little more of water very hot then put in the runnet & ſtir it together then cover it very cloſe till it comes and ſo ſoon as it 's come put y^e^ cloth upon the cheeſe-vate & lade the curds as whole as you can into it & let it whey draw it ſelf and when it hath done runing lay on ye cloth and the follower & a weight ſo let it ſtand a pretty while then ſhift it into a dry cloth and when it hath done weting the cloth it muſt be put into a piece of bays or cloth & lay it on y^e^ floor and in 9 or 10 days it will be for your eating.

467. *To make Angelot Cheeſe.*

TAKE 2 gallons of new milk put to it 2 quarts of thick cream then heat it ſome what more then blood warme then ſet it together with 2 ſpoonfulls of runnet, when it is run whey it not but ſet your fat ready which muſt be about half a yard high turned round like a pint but biger without a bottom it muſt be ſet upon a even board & the curd put into it and ever as the whey runeth from it, it muſt be filled up it will take a whole day to fill it, then let it ſtand and ſettle 3 days in the fat untill it be ſo hardned that you may take off the moulds without breaking when they be out ſalt them with white ſalt 3 or 4 hours at the moſt ſtrew'd all over y^m^ but never put in pickle then wipe them over with a fair dry cloth as clean as poſſible the leſt will beſt leper all the cheeſe ſo let them dry upon clean cloths in a window turne them every day and as they grow mouldy or fowle rub them eaſily with clean and dry clothes this proportion will make 2 cheeſes. theſe cheeſes are beſt to be made in may or ſeptember.

468. *To make Paſtills.*

TAKE a pound of Sugar a quarter of a pound of ambergreeſe & of muſk the 8th, 10th or 12th part let the Sugar be double refined beat it & incorporate it well with the amber and muſk then take gumdragon ſteep it in oringe flower water Impaſt the Sugar with it make it into cakes dry them in the Shade and Sun take heed of uſing to much gum for a very little will ſerve beſure to let your cakes dry well in the ſhade before you put them in the Sun or they will crack.

469. *For Fine Linnen.*

TAKE of orrice 4 pounds callamaſe half a pound benjamin a pound Storax a pound cloves a quarter of a pound civet half an ounce muſke an ounce ointment of oringe flowers 2 ounces lignum alloes 2 ounces ambergreeſe half an ounce roſe wood half a pound the amber civet muſk and ointment of oringes muſt be mingled together & melt'd & you muſt either rub the roſes with it or elſe ſome wool the wool will keep the ſmell longeſt to every pound of roſes a pound of powder.

470. *Perfumes to Burn.*

TAKE Damaſk roſe buds and cut off the whites then beat them very ſmall take half a pound of them when they are beaten and put to them 3 ounces of benjamine half a quarter of an ounce of muſke as much of civet and as much ambergreeſe then mingle it all well together and make it up in little thin cakes and lay them upon roſe leaves & dry them in the ſun till they be very dry.

471. *For Ordinary Linnen.*

TAKE of orrice 8 pound callamaſe 2 pound damaſke powder a pound cloves a pound gallingall half a pound benjamin half a pound Storax halfe

a pound lavender a pound to every pound of roſe leaves you muſt put a pound of powder.

472. *To deſtroy Moths & preſerve Cloths untouch'd.*

TAKE the bear frame of a ſquare table cover it over with ſuch furniture you mean to preſerve you muſt let your furniture touch the ground at the ſides & ends of the frame to keep in the heat and vapor then take a chaffendiſh of charcole or cole of wood fire and put thereon a quantity of alloes ſequetrina and a quantity of gallinger roots then put your chaffendiſh in the midſt of the frame and let it remaine there untill y^{e} vapor be quite ſetled and the engredients conſumed this abſolutely at once ordering will deſtroy all the moths bred in your furniture & continually preſerve ſuch furnitures as is untouched.

473. *To deſtroy Moths in Chairs & Stools & to refreſh ye Colour.*

TAKE a quantity of ſharp ſmall beer or ale put therein a quantity of alloes & a quantity of gallinger as aforeſaid make it boyle 3 or 4 walmes untill ye alloes be diſſolved then take a piece of woollen cloth dip it therein and waſh over your chairs and ſtools therewith then put them to dry this will kill all the moths though bred in the ſeats amongſt feathers flox or wool and refreſh any colour'd cloth or ſtuff turkey workes or needel workes not altering the property of ye colours nor hurting the workes.

474. *To ſcoure and refreſh the Colour of Cloth Carpets, Silk Curtains, or any Stuff y^{t} is Stain'd or Soil'd.*

TAKE a quantity of orgull break it to a ſmall powder then put it into ſome pewter platter then put it over a chaffendiſh of coles make it hot then

put your carpet or curtain abroad upon a table afterwards take a bruſh made of ſwines hairs dip it therein and ſo rub over your carpet or curtain therewith this will take away all the ſpots and refreſh the colour.

475. *To ſcoure & refreſh ye Colour of Gold & Silver Lace or Fringe.*

TAKE a quantity of wine vinegar put therein a quantity of rock allome make it boyle till the allome be diſſolved then rub over your lace therein afterwards waſh it over with clean water and caſtle ſoap this will make your lace very fair and freſh. Some rub it only wth the powder of Common Palk burnt:

476. *To ſcoure or refreſh ye Colours of Pictures y^{t} are Stain'd or Soil'd.*

TAKE a quantity of wine vinegar & a quantity of allome let it boyle till ye allome be diſſolved then take a piece of fine clean linnen cloth dip it therein & waſh over your pictures therewith then let them dry and after they are dry take a little piece of fine linnen cloth dip it in linſet oyle and ſo wipe over your picktures therewith then hang them in their places this will fetch off all y^{e} ſtains and make y^{e} pictures freſh.

477. *To dreſs & order Thin & Old Bedtikes to make y^{m} keep in their Feathers.*

TAKE a quantity of wheat flour and a quantity of yellow wax put it into clean water make it boyle and ſtir it well together untill the wax be clear diſſolved then let it cool and after it is cold uſe it after this manner, take your bedtike turn the wrong ſide outwards and ſpred it abroad upon a table then take a bruſh made of ſwines hairs dip it therein rub over every place of your bed tike therewith and put it to

dry this will make your bed thick and ſtrong & cauſe that no feathers ſhall come out nor duſt enter in.

478. *To perfume Bedtikes for Down or other Bedtikes w^{n} y^{e} Feathers ſmell Strong and Muſtie.*

TAKE clean water, wax and flour make it boyle and ſtir it well together untill the wax be diſſolved and when your wax is diſſolved take a quantity of cloves beaten to powder and a quantity of ſweet water or damaſke roſe water caſt it therein Stir it well together and when it is cold dreſs your bed therewith according to ye laſt receipt this done you ſhall ſmell your bed all over ye chamber w^{n} it cometh to the heat of the body it 's both comfortable to ye head and ſtomach and not offencive to a woman in child bed.

479. *To make Butter Cheeſe.*

RUN the morning milk as you uſſially do Stir and ſink it when it is well whey and gather'd put it in a great vate preſs it very little then put it in a great trendell and break it very ſmall and mix with it good ſtore of runnet (?) and all the butter that can be made of the evening cream well beat from the butter milk they muſt be ſo wrought together that you may not diſcern the one from the other then put it in a great vate that will hold a peck at leſt in a large cloth well faſtned y^{t} the curd worke not forth you muſt preſs it by degrees and not put on the full weight at firſt change it in a dry cloth at noon and ſalt it well it muſt ſtand in the preſs 2 days & 2 nights puting twice a day in freſh cloths it muſt not be eat under 2 years old at ſooneſt neither made in a little quantity.

480. *To keep Oringes freſh all y^{e} Year.*

TAKE ſuch a number as you intend to keep out of the ſhip before they are waſh'd ſtrow 2 inches of wood aiſhes finely ſift'd in the bottom of a box or

barrell then lay the oringes in rowes to that they may neither touch one another or the ſides of the box then ſifting 2 inches thick of aiſhes more over them and place ſo many rowes of oringes after the ſame manner as the box or barrell will hold.

481. *To make Quince Marmalade.*

TAKE your quinces that are full ripe look yellow without ſpots & freſh gather'd from the tree pare them and quarter them and cut out their core very clean and take their weight in good refined Sugar then take ſome of your other quinces that are not ſo purely fine quarter them & core them only and beat them in a ſtone morter ſo ſmall as with adding a ſpoonfull or two of fair water now & then to them you may gett the juice out of them then ſtrain and wring them very hard through a thin cloth or boulter geting as much juice from them as poſſible you can and for want of this juice in caſe you have not quinces enough to make it up you may take the pareings and cores of thoſe you intend for marmalade with the addition of a few ordinary quinces more & boyle them in a quantity of fair water till the quinces & pareings are tender and the water very ſtrong of them then ſtrain it and let it ſtand till it be throughly cold and to every pound of quinces and Sugar take a full pint or ſomething more of this liquor or ye juice before mentioned and pour it into your quarter'd quinces alone & let them boyle in it till they are very tender then maſh them well together with a ſpoon but break not your quinces to ſmall but leave ſome pretty big bitts and then put in your ſugar being firſt finely beaten ſtirring it altogether and makeing it boyle if you intend to have it red marmalade you muſt keep it continually boyling very cloſe cover'd and ſtir'd hard from ye bottom or it will ſoon burn when ye Sugar is in it & when you perceive it grow red & come to a

pure cherry colour w^ch^ with long conſtant boyling and ſtiring it will be then warme your glaſſes at the fire leſt they break & ſo put in into them as faſt as you can and keep it in a moderately hot Stove all ye year for your uſe.

482. *An excellent Pommander.*

TAKE half an ounce of benjamin half an ounce of damaſe roſe leaves a quarter of an ounce of Storax beat theſe very ſmall ſeverally then ſift them and mingle the powder then take ſome gumdragon ſteep'd in roſe water 24 hours and make it into a ſtiff paſt then take 4 grains of ambergreeſe 4 grains of muſk and 2 of civit grind theſe together with a little juice of Lemon till they are diſſolved then anoint the hand with eſſence of jeſſamie or roſes & work the paſt well with the muſk and amber if it be to limber put in powder of roſes if to ſtiff a little roſe water then weigh them of an equal weight and rowle them up in your hand but while they are wet make holes through them with a bodkin dry them betwixt 2 papers.

483. *To make Mince Pyes.*

TAKE tongues par-boyled cut the roots and hard all off then to 4 pound of meat take 8 pound of the beſt ſewit cut the tongues in little ſquare pieces like dice then ſhred it fine do the ſewit the ſame then put it to the meat by degrees and ſtir it lightly to keep it from lumping then chop meat and ſewit together & ſift it through a fine ſplit ſive ſave the lumps that remain behind chop them again and ſift them as before till all are gone to this proportion of meat and ſewit take half an ounce of nutmegs half an ounce of cinnamon almoſt as much mace half a quarter of an ounce of cloves beat the ſpice all but the nutmegs very fine then ſift it through a ſive as you ſtrain water grewel through let your ſive be very dry that done and your

meat ready then put in your ſpice and ſalt to your taſte 2 pound and a half of the beſt raiſons of the Sun Stoned and ſhred as fine as can be dates half a pound ſhred as fine as the raiſons, cittern above a quarter of a pound, a quarter of a pound of canded lemon not quite a quarter of a pound of canded oringe ſhred them but not ſo fine as the reſt 10 or a dozen of the beſt pippins par'd and ſhred as fine as can be but neither pare nor ſhred them till juſt you put them into y^{r} meat then rub in everything ſeverally into your meat & well without clodding have 4 pound of the beſt currants clean waſh'd pick'd and dryed 2 pound of Sugar or ſomething better beat fine a quarter of a pint of the beſt roſe water of the beſt canary a pint and a quarter, 3 quarters of a pint of the beſt verges lay more ſliced cittern on the top of the pyes if you keep any of the meat by to make up after the firſt time ſtir it well every day & do not put in the juice of Lemon for it will not do well to ſtand in long you muſt mingle your Sack roſewater & verges together then turn up your meat and ſprinkle it in by degrees y^{t} all the meat may fare alike & not Lump to this quantity you may put the juice of 2 lemons but not to ſtand in longer then juſt while you make y^{m} up.

484. *An excellent Water for ye Head & for Sleep called ye Emperour Charleſes Water.*

WHEN roſes are blown, take a quart of good aquavite in a glaſs with a narrow neck and when the roſes are half blown take a handfull of the leaves without ye ſeed put them into the glaſs and when the marioran bloweth & the Apiaſtrum take then a handfull of their buds chop them ſmall and put them into the glaſs Take alſo cloves nutmegs cinnamon mace cardamum of each an ounce & a half bruiſe all theſe groſſly and put it in the glaſs and when the lavender and roſemary are blown add a handfull of each flowers

alſo ſhake them well together and ſtop it cloſe let it ſtand 10 days in a hot ſun it muſt be uſed by anointing the temples and noſtrells it fortifieth and Corroborateh the head and memory.

485. *The Lady Drakes Reª to cure the Stone.*

TAKE Saxafrage, Pellitory of the wall parſley, mother of time of each a handfull clean pickt 3 or 4 radiſh roots ſcrap't and ſliced ſteep theſe in a gallon of new milk at night cover it cloſe diſtill it in the morning in a common ſtill let it run while good mix it all of a ſtrength take 6 ſpoonfulls of this water with as much white or reniſh with a little nutmeg & ſugar juſt warmed and drink it nights & mornings 3 days before the new and the full of the moon for a year together. Probatum Eſt.

486. *Cere Clothes.*

DISSOLVE on the coals an ounce and half of virgins wax and put to it as much Spermacitti as will lye on a ſhilling and a ſpoonfull of oyle of ſweet almonds a few drops of oyle of cloves dip your cloths in it and when they are cold wring them in a cloth and clap them between your hands.

487. *Almond Cuſtards.*

TAKE 2 pound of almonds ſtamp them with roſe water ſtrain them into a quart of thick cream waſhing them through with a little of the cream till you have got out the beſt of them but reſerve one ſpoonfull to put to it without ſtraining put to it 14 whites of eggs well beaten ſweeten & bake it as you pleaſe.

488. *Macaroons.*

HALF a pound of almonds ſtamp'd with roſewater the whites of 4 eggs whipt to froth with 2 ſpoonfulls of roſewater half a pound of double refined Sugar 2 ſpoonfulls of rice flour both ſearched fine mix it in a baſon & ſet it on hot coals keep ſtiring it till tis boyling hot lay wafers on white papers and put this on them bake them in a quick oven.

489. *A Ragou of Veal.*

TAKE a breaſt of veal lard it pretty thick with great lards then brown it very well in a frying pan put it into a ſtew pan with ſome of the butter it was fry'd in flower it and let it fry there a little then put in gravie or ſtrong broth almoſt to cover it & let it ſtew till tis tender then ſeaſon it with pepper, ſalt, mace nutmeg Sweet herbs, an onion put in 2 or 3 Sweet breads ſlicet ſome pallats 6 yolks of eggs put in juice of lemon or verjuice a quarter of a pound of butter diſh it on toaſt and pour the ſauce over it.

490. *For a Tickling Cough or Rhume.*

2 OUNCES of conſerve of red roſes 2 ounces of honey 60 grains of maſtick 60 grains of libanum 20 drops of Sulphur or as much as will make it ſharp and make it all up together in an Electuary & tyed up cloſe which will ſerve for half a year or a year and take the quantity of a nutmeg firſt in the morning and laſt at night.

491. *For Flegme when it ſticks that it cannot come up.*

TAKE a ſpoonfull of muſtard 2 ſpoonfulls of honey & a ſpoonfull of good oyle or oyle of ſweet almonds a ſpoonful of vinegar or good crab verjuice or wine vinegar if not to ſharp beat it well together and

take it in bed and ſwallow it down by degrees tye it up cloſe it will keep but a little time take a quarter of a ſpoonfull at a time mornings and laſt at night.

492. *For a Cold newly taken.*

TAKE a pint of poſſet drink cut 5 large lent-figgs in ſmall thin ſlices a ſtick of liquoriſh ſtript ſmall and about half a ſpoonfull of annyſeeds bruiſed put theſe into the poſſet drink boyle them till almoſt half be conſumed drink it hot as you go to bed.

493. *To keep damoſens all ye Year.*

BAKE your Damoſens and take the juice only a good quantity and put Sugar thereto about the weight of your liquor ſo boyle it & ſcumme it clean then let it ſtand till it be cold then put it in your damoſens raw as many as your juice will cover and ſtop them up cloſe to keep all the year.

494. *For a Healing Ointment.*

TAKE mallows orpine dandelion brooklime St Johns wort Elder leaves of each one handfull boyle all theſe together in the fleck of a pig or freſh butter for the ſpace of 2 hours under a ſoft fire yn ſtrain it and keep it for uſe.

495. *For a Drawing Salve.*

TAKE of pitch and bees wax of each a quarter of a pound & of rozen half a pound & 4 pennyworth of venice turpentine add thereunto ſo much of the healing ointment as your own reaſon will direct you that may ſerve to make it up into a plaſtering ſalve all theſe muſt be boyled and ſtir'd together untill they are well incorporated you may obſerve that a little of the ointment being put in will ſerve for the incorporating & diſſolving the other ingredients after theſe

are boyled together you are to pour them into a veſſel of fair water and then break & worke them well together and then make them up into rowles for uſe.

496. *For a Tenting Salve.*

TAKE an ounce of beeſwax and 2 ounces of Rozin and one penny worth of venice turpentine and boyle them together with ſo much deers ſewit as will conſolidate them into a Salve when theſe are boyled together ſtrain them for uſe if you cannot get deers ſewit you may take the beſt ſheeps ſewit.

497. *A Poultiſe.*

TAKE all the herbs before named in the healing ointment & boyle them in beer for an hour then ſtrain out the herbs and thicken the liquor wth oatmeal or bread then boyle it well until it become a thick poultiſe and y^{n} put into it oyle or freſh liquor If the maladye ye poultiſe is to be apply'd unto requires ſpeedy breaking then boyle together wth ye herbs an handful or leſs of white lilly mores this poultiſe is very uſefull for all ſorts of ſwellings.

498. *A Cordiall or Surffit Water of Poppies.*

TAKE of the poppie flowers pluck them from the ſtalks then ſift y^{m} from the ſeeds and weigh out 4 pounds then ſteep them in 3 gallons of ſtrong ale and with them half a pound of liquoriſh and half a pound of annyſeeds and let them ſteep a whole night then diſtill them in your limbeck the firſt runing will be very ſtrong the ſecond ſomewhat ſmaller when you have drawn a quart or 2 then take 2 handfulls of poppie flowers being pickt and ſift'd and let them lye in the water 5 or 6 days till it comes to the colour of a peal claret wine and upon any indiſpoſition of the ſtomach ſickneſs or furſit 5 or 6 ſpoonfuls of this is

very cordiall the 2 quarts will be ſtrong and you muſt ſtrain out the leaves after 5 or 6 days. Probatum eſt.

499. *To make a Surfit Water.*

TAKE of ale meaſure 6 gallons of ſtrong ale one pound of liquoriſh half a pound of annyſeeds 2 pound of red poppey one ounce of cloves one ounce of nutmegs one ounce of cinnamon and one ounce of ginger bruiſe the cloves gently and ſlice all the reſt of ye ſpices take likewiſe half a pound of figs a quarterne of dates a pound of raiſons of the Sun Stoned lay all theſe in ſteep over night in the ale then take a quarter of a pound of white Sugar candy finely beaten and put it into your glaſs which receives your diſtillation put the firſt and ſecond runing together otherwiſe it will be to ſtrong you may put in a grain or 2 of ambergreeſe & a handfull of poppie leaves to colour it.

500. *For a Sinew Strain in Man or Beaſt.*

TAKE of Nerve oyle Frankinſence Brandy venice turpentine and black ſoap of each a convenient quantity melt them together and chafe it well in with your hand and hold a red hot iron or fire ſhovel to it whilſt you are doing of it to force it the better in. You may add a little quantity of gum anomy. Probatum eſt.

501. *To make Juice of Liquoriſh as a ſpecial Cordiall.*

TAKE a pound of liquoriſh a quart of Iſope water the 3^{d} part of a quart of red roſe water Sugar candy one pound confection of alkermiſe 2 ounces ambergreeſe 80 grains muſk 50 grains unicornes horn 30 grains prepared pearl 2 drams beaſor ſtone 40 grains Harts horne half an ounce take your liquoriſh ſcrape it and slice it then beat it to powder and put it into a ſilver or earthern pipkin and let it ſtand on a ſoft fire ſimpering till it be reaſonably thick then ſtrain it

through a ſearce and put in the Sugar candie finely beaten then ſet it in the ſun where no rain comes ſtiring it together once in 4 or 5 days you muſt make it in april & it muſt ſtand cloſe cover'd in the Sun (ſtiring it as aforeſaid) the ſpace of 2 months at leaſt w^{n} it hath been thus dryed you muſt take your other ingredients and with ſome of the liquor grind them in a ſmooth ſtone morter or on a perfumers ſtone till theſe be very fine then mix them well together with the reſt & ſet it again in the Sun 3 months more or till it be hard enough to box up ſtill ſtiring it as aforeſaid every 4 or 5 days.

502. *To make a Powder for the Stone uſed by Pope Silveſter ye 2d.*

TAKE groundſell ſeed and Saxaifrage ſeed of each an ounce filipendula half an ounce white amber and corrall white and red of each a quarter of an ounce make all theſe into a fine powder and mix them well together and of this give the patient one ſpoonfull each morning while it laſt in broth or pottage and it will help and deffend him from the ſtone that it never will come again.

503. *For an Ague.*

TAKE of alloes Sickatryna and beat it in 2 ſpoonfulls of engliſh honey half a pint of white wine vinegar and a little piece of allome boyle theſe together till they be thick then make a plaiſter thereof on a piece of leather and apply it to the navel of the belly as hot as may be ſuffred it cureth the ague and killeth wormes.

504. *For Agues of all Sorts.*

TAKE venice turpentine and white frankinſence finely powdered and ſtrew it into your turpentine till it be ſtiff enough not to run abroad well mingling

it together with a knife then ſpread it on round pieces of leather 2 inches and half over for a man & leſs for children and when you have ſpread over your plaiſter with this liquid turpentine and frankinſence mingled as before then ſtrew on more of the powder finely ſearch'd and ſo let them lay and dry till a white paper will not ſtick to them and ſo puting papers between each plaiſter lay them up for uſe & when you uſe them warme them and apply them to the navel a little before the fit comes & let it lay on till they fall off themſelves if one plaiſter cures not then uſe a 2^{d} and ſo a 3^{d} but a 1st ſeldom fails. Probatum eſt.

505. *An Ointment for Eyes.*

TAKE 4 ounces of may butter 2 ounces of virgins wax 2 ſcruples of tutty fully prepared 2 ſcruples of camphir 4 ſpoonfulls of white or red roſe water melt the butter and wax and then put in all the materialls and beſure to keep it ſtiring till it be quite cold when there is occaſion to uſe it take a little of it and put it into the palme of your hand & when it is ſoftned then with your finger anoint all about it on the outſide of your eyes and the temples the laſt thing you do when you go to bed if there ſhould be occaſion to waſh ye eyes in the morning white or red roſe water is beſt.

506. *A Puff Paſte.*

TAKE 2 pound of flour a pound and half of butter 2 eggs 3 ſpoonfulls of Sack make the paſte not to ſtiff with cold water work it very ſmooth rowle it out 4 ſquare beat up your butter lay it on in thin ſlices ſtrewing flour between rowle it up again till ye butter is uſed up in a ſheet as thick as a finger half an hour will bake it.

507. *A Water for Wounds and Old Sores.*

TAKE 2 ounces of white copperas and a quarter of an ounce of camphir put them into ſome little earthen pot and ſet it in hot embers and ſtir it till it be melted and dryed again to a powder then take 2 ounces of boel-armeniack and beat it ſmall and mix it with the other powder when this is done take 2 pottle of ſpring water and let it boyle till a quarter of it be conſumed then take it off and put half of the powder into it So put it into a glaſs and keep it for your uſe it will keep a long time before you dreſs any wound (ſhake the glaſs well then let it ſettle again leaſt any of the powder ſhould be amongſt it when you dreſs the wound and ſo eat into the fleſh) which having waſht well fould a clout 6 or 8 double weting it throughly with ye ſame water and lay it on the wound then take another clout 8 or 10 times double as near as you can guess to the bigneſs of the wound or a thought leſs and lay it on the other cloth as wet as the former full in the mouth of the wound and ſo bind it on with a swath or rowler it is excellent good for men to uſe y^{t} have le grand veroll aue vierge pour le laver. Probatum eſt.

508. *The Wound Drink.*

TAKE wormwood ſouthernwood ſanicle white bottles Ragwort plantin ribwort woodbins oake-buds dandelyon mugwort dayſeyes roots and all bramble buds herbgreaſe violet leaves ſtrawberry leaves Suinquefoyle, angellicoe, adderſtongue ſcordium wood bittoney agrimoney hawthorne buds bugle lungewort avens comfry mints Scabious and pimpernell theſe herbs are to be gather'd pick'd and dryed in may month then put them in ſeverall papers & ſo keep them all the year but the buds are to be gather'd at their firſt comeing forth when you make it take one handfull of each ſort a pottle of fair water and a quart

of white wine boyle theſe together till half be boyled away then ſtrain the liquor from the herbs and put to it a pint of honey then boyle it a little till you have ſcummed it then take it off and let it coole & keep it, cloſe stop'd let the patient take 3 ſpoonfulls of it morning & evening firſt & laſt but if for a child 2 ſpoonfulls is ſufficient.

The vertues of it.

IT cureth wounds and ſores laying on them a plaiſter of honey and wax or one of the following cere cloths without tents it ſcaleth putrified bones breaketh and expelleth impoſthumes cureth aches in the ſtomach expelleth bullets & cureth the Iſue it ſtopeth bleeding at noſtrells all wounds and broken veins the herbs muſt be gathered at the latter end of april in may or ye beginning of June as the ſeaſon of the herbs are w^{ch} muſt be dryed without Sun or fire comeing near them & the handfulls mentioned are to be underſtood handfulls of dry herbs. Probatum Eſt.

509. *The Black Cere Cloth.*

TAKE a quart of ſallet oyle a pound of red ledd boyle theſe together on a ſoft fire untill it be black then dip your old linnen cloth therein, and hang it up till it be throughly cold & ſtiff when it leaves its clammineſs & ſticking to the finger it is enough boyled. Probatum eſt.

510. *The White Cere Cloth.*

TAKE a quart of ſallet oyle red ledd half a pound white lead ½ a pound camfir 2 drams boyle theſe until they leave their clamineſs and ſtick to ye finger which is then enough boyled.

The poultiſe if occaſion for any is only milk thickened with white bread crums and a quantity of ſaffron as will colour it to the colour of the yolke of an egg and the wound drink drank as afore preſcribed.

511. *Direction to cure Ye King's Evil & 1ſt for the drink.*

TAKE agremoney mugwort march ſanicle liverwort Kingſwort coltsfoot maiden hair ſcabious harts tongue of bittony of each of all theſe a ſmall handfull to be boyled in 6 quarts of ſpring water with half a pound of raiſons of the Sun Stoned a quarter of a pound of currants 8 figgs better than half a pound of annyſeeds one ſtick of liquoriſh boyle all theſe together til it be conſumed to 3 quarts then ſtrain it through a hair ſive & cool it and ſo put it in a pot and let the patient drink it in the morning faſting and again about 4 a clock in the afternoon.

If it muſt be broken take caſtle ſoap and temper it with barme & apply it till it break when it is broken apply the ſame as long as you ſhall think there is anything to be drawn forth of the wound then heal it wth the following Salve:

512. *A healing Salve for ye King's Evil.*

TAKE groundſell vallerian elder buds or in the winter the inner rind of ye elder tree Iſſope brown Sage a good handfull of each ſort half a pound of clarified butter 3 ounces of beeſwax one ounce of rozin half a pound of ſheeps ſewit 2 ounces of hog's lard chop theſe herbs ſmall and boyle them in thoſe liquors ſoftly a quarter of an hour then ſtrain it and ſtir it till it be almoſt cold and then apply it to the ſore but if you think the ſore doth breed a worme then take the powder of a Sea crab ſhell & all together baked in an oven and so made to powder the powder alſo of frankinſence of oyle of wormwood an ounce and the oyle of 6 eggs put off ye powder of crab as much as will fill a thimble half as much of the powder of frankinſence ſtir it together into ye oyle and with a feather put some of it into the wound under the plaiſter.

To waſh it you muſt take warme white wine or crab verjuice, if theſe things heal not then take the oyle of the fineſt tar ſtir'd with a ſtick the oyle will come upon the top which take with a feather and apply to ye sore.

513. *To raiſe a Bliſter.*

IF you raiſe a bliſter then it muſt not be broken but take ſpeare graſs and pound a little of the leaves putting a little butter amongſt it put alſo as much of it as a ſmall nut and that will raiſe a bliſter of the ſame bigneſs cut the bliſter clean away and then put caſtle ſoap and barme as aforeſaid to draw it as long as it will yield anything then after apply the forementioned Salve unto the sore and (God willing) this will cure the party in time. Probatum Eſt.

514. *Swallows Ointment.*

TAKE lavender cotten, ſpike, knot graſs, Ribwort barme vallerian, roſemary tops alehoofe, ſtrawberryſtrings woodbine tops, vineſtrings, french mallows the tops of tutſan, plantin leaves, walnut leaves, the tops of young bays Iſſope, violet leaves, Sage of virtue, fine Roman wormwood of each of theſe one handfull of redroſes and cammomile 2 handfulls of each 10 young ſwallows alive one quart of neats foot oyle or may butter 2 ounces of cloves pound all theſe together in a morter ſmall then put them in an earthen pipkin and ſtop it cloſe with a piece of dough that no air get in then ſet it in a ſeller or coole place 9 days then take it and open it and add thereto a pint of ſallet oyle a quarter of a pound of yellow wax then ſet it over ye fire in a kettle of water and let it boyle 6 or 7 hours then take it off the fire and ſtrain it into your pot to keep it for your uſe keeping it cloſe cover'd. it is good for a ſprain or wrinch or ache of long continuance.

515. *The Lady Biddolphs Green Oyle to be made in May.*

TAKE red ſage, roſemary, lavender broad leaved balſom cammomile, vallerian of each 4 ounces wormwood 2 ounces gather them in a Sunſhine day wipe y^m and not waſh them chop them very ſmall and put them into a convenient veſſel and put to them a quart of the beſt oyle of olives you can get tye it up cloſe let it ſtand in the ſun 2 or 3 weeks ſtiring it once in 3 or 4 days then put it into a ſkillet and boyle it a little then ſtrain out all the herbs as hard as you can wring them and put into the oyle half the ſame quantity of herbs again and let them ſtand as before in the Sun 3 or 4 days then ſet them on the fire which must be very gentle and let boyle very ſoftly till your oyle is of a perfect green then ſtrain out the herbs and let your oyle ſtand all night in a pewter baſon then ſet your oyle on a chaffendiſh of coles and let it boyle a while and ſcumme it if anything do ariſe then take it off and let it ſtand till it be cold then take a glaſs of the uppermoſt for ſpecial uſe the reſt put into a glaſs for more ordinary uſe if there be any water at ye bottom caſt it away or trye it for eyes ſo preſerving the balſam oyle for your uſe.

The vertue of it.

IT is good to anoint and tent all ſores or wounds for it doth heal firſt at the bottom it will not ſuffer proud or dead fleſh to grow in a wound it draws out thornes and ſplinters, it is excellent for bruiſes in any part of ye body to anoint the place outwardly or to take inwardly to drink 10 or 12 drops to a man or woman and half ſo much to a child in a ſpoonfull of ale or white wine poſſet drink and drink a little more poſſet drink after it 3 or 4 nights and mornings it will drive out any bruiſed blood out of the body you may give it to a woman after her travell it is good for

deafneſs that comes by cold drop 3 or 4 at night and morning for 2 or 3 days together ſo uſed it will help an impoſthume in the head break and heal it you may drop into the eye if it be bruiſed with a blow it is good to anoint ye throat for the ſwelling of the almonds and to drop into ye ear for ye toothache.

516. *To ſtop Bleeding if a Veine be cut aſunder.*

TAKE the ſhell of gooſe or hen that the chick comes out of when hacht & make it into powder being firſt burnt and caſt thereon & it ſtanch it preſently. Probatum Eſt.

517. *For the Jaundice.*

TAKE a handfull of earth wormes and put them awhile in ſalt & water to cleanſe themſelves then put them into a quart of white wine to ſteep until they diſſolve then ſtrain them out then put to the ſtrain'd liquor 4 penny worth of engliſh ſaffron and let that ſteep well in it alſo and let the party grieved take of this liquor thus prepared a quarter of a pint firſt in the morning and at 4 a clock in the afternoon and laſt at night. Probatum Eſt.

518. *Dr. Willis his electuarie for a Dead Palſey.*

TAKE conſerve of ſage flowers, bittony Roſemary of each an ounce the flowers of turrica 2 ounces preſerved Mirobalence number 2 preſerved nutmegs 2 drams ſpirits diambra, Salt of wormwood, powder of pioney roots and of pioney ſeeds of each one dram white amber white corral prepared of each 2 ſcruples & a half with a ſufficient quantity of ſirrop of ſtœchas to make it into an electuarie.

519. *His Whey for ye ſame Palſey.*

TAKE bittony ſage mugwort pennyroyall fumetory of each one handfull damaſk roſe leaves 3 handfulls epythum 2 ounces corriander & ſweet fennell ſeeds of each an ounce cut theſe and dry them in the ſhade and ſo keep y^{m} for your uſe mixing them altogether one handfull of theſe herbs muſt be boyled in new whey a quarter of an hour & ye liquor drank when almoſt cold.

The above mentioned Electuary preſcribed to be taken every morning very early in your bed and laſt at night the quantity of a nutmeg.

520. *An Eye Water.*

TAKE a new earthen veſſel never uſed & ſo many gallons as it will hold pound ſo many ounces of white copperice in fine powder & when ſnow is on the ground freſh gather it very clean and put ſome ſnow in the pot & then ſome of the powder doing ſo untill all the copperice powder be ſpent and the veſſel full then cover it with a clean cloth & ſet it in a cellar till the ſnow is all melted off the ground then ſtrain it & keep it for uſe in bottles.

It is good for Ruehmetick eyes being dropt in when they go to bed it will take away pearls phillmes, webbs & blood ſheds in eyes if you take a piece of red roſe cake enough to cover and ſoake it in ſome of this water warme and lay it to the eye when you go to bed and let it lay on ye eye till the next morning. In ſhort it is good for all diſtempers in ye eyes & for old ſores in legs if bathed warme with, but to drop in ye eyes it muſt be cold.

521. *To make Wigs.*

TAKE 3 pound and a half of flour a pound of butter melt'd in a pint of milk a quart of yeſt half a pound of Sugar mixt into the milk butter &

yeſt half an ounce of cloves and mace a quarter of an ounce of carraway ſeeds a little ſalt and put all this into the flour and mix it up into a pretty ſtiff paſte then weigh them into 4 ounces a piece & rowle them into wigs & bake them upon paper or tin plates butter'd.

522. *Pills for Vapours of Spleen & Fits of ye Mother to Suppreſs and cure them.*

TAKE caſtor, ſaffron, Gallbanum orſephetita and make them into fine powder of each half an ounce, half an ounce of methridate added in which well mix your powder with as much oyle of amber as will make it into pills of the largeſt ſize (or half an ounce of the powder) as the receipt expreſt and then as much oyle of amber as will make it up in pills and of them one large or 2 middle ſize when you find the fits comeing keeping y^{r} ſelfe faſting an hour before & an hour after but if followed with ye fits then take one of them being of ye largeſt ſize morning afternoon and laſt at night if you drink anything after them let it be a little hyſtericall water.

523. *For a Cold.*

TAKE 4 ounces of old conſerve of red roſes 2 ounces of white ſugar candie 2 ounces of raiſons of the Sun Stoned beat all theſe till well incorporated then add the quantity of a ſmall walnut of dieſcordium and 2 ſpoonfulls of Sirrop of popies 7 drops of oyle of ſulphur 11 drops of ſpirit of vitriol mingle all theſe very well together and take of it as much as a large nutmeg firſt in the morning faſting 2 or 3 hours after it & laſt at night leting it melt (as it were) gently down y^{r} throat.

524. *For the Scurvy.*

TAKE one good handfull of pine tree tops & bruiſe them and infuſe y^{m} in one quart of white wine or reniſh 3 or 4 hours then take one good handfull of dandilyon boyle it in one quart of new milk make it into a posset with the wine take off the curd pour the drink ſcaulding hot upon brooklimes, water creſſes, ſea ſcurvy graſs garden ſcurvy graſs of each a large handfull with the rine of a lemon cover it & drink every morning & afternoon a quarter of a pint ſweeten in with Sirrop made of oringe juice & wormwood cold ſtill'd water—drink this ale april and ſeptember.

525. *To make the Convulſion Water.*

TAKE 2 quarts of Spring water and put therein half a handfull of bittony and as much plantin and Spermint & whore hound a quarter of a handfull of centry and as much cardus half a handfull of ſingle pioney roots green & half a handfull of burdock roots green & both ſliced very thin half an ounce of hart's horne & half an ounce of ſweet fennell ſeed bruiſed a little a quarter of an ounce of baſtorium and a quarter of an ounce Aſſifetita ſtop all theſe very cloſe in a ſtone jugg and ſet it in a kettle of ſeething water up to the neck of the jugg & let it ſtand ſeething 8 hours then take it out and let it ſtand cloſe ſtopt till next day then put it out into a braſs pot and add to it a quart of cardus water and a quart of ſpermint water half a pint of red roſe water & half a pint of old malligo Sack then put a ſmall handfull of bittony & as much plantin and Spermin and whorehound and a quarter of a handfull of centry and as much cardus one handfull of ſingle pioney roots and a handfull of burdock roots ſliced 2 ounces & a half of harts horne an ounce and a half of ſweet fennellſeeds bruiſed 3 quarters of an ounce of baſtorium and half an ounce of Aſſifetita

and one nutmeg ſliced ſtop this pot very cloſe that no breath may come out and on the cover ſet a weight of 18 or 20 pounds keep this to a moderate heat 8 hours more then let it ſtand cloſe ſtopt till the next day then open it & ſtrain it out and put therein a pint and a half of malligo Sack & half a pint of annyſeed water & a lb. or more of jeans treacle put it up into bottles & feed it wth treacle when you ſee fit all the herbs muſt be very dry.

526. *For the Yellow Jaundice or Collick in the Stomach or the Conſumption, Obſtructions in ye Liver Spleen & eſpecially for ye Falling Sickneſs.*

TAKE a peck of garden ſnails and waſh them in a great bowle of beer & then make your chinney very clean and pour half a buſhell of charcole & ſet y^{m} afire and when they are throughly kindled then with a ſhoule make a great hole in the midſt of the fire and pour in your ſnails & ſcatter in ſome of your fire amongſt them and ſo let them reſt as long as you hear them make a noiſe then you muſt take them out of the fire and pick them out of their ſhells with a knife and with a coarſe cloth pick and wipe all the green froth from them then in a ſtone morter bruiſe them ſhells and all next take a quart of earth wormes and ſlit them then ſcoure them with ſalt then waſh them and break them in pieces in a ſtone morter then (the pot being very clean uppon which you ſet your limbeck) put them into it and about 2 handfulls of Angelico to put into the bottom & 2 handfulls of ſallendine then put in a quart of roſemary flowers if you pleaſe you may put in Egremony of red dock roots, bear foot, the inner rine of barberry roots of woodſorrell & bittony of each 2 handfulls of rew half a handfull of Fenegrick & Turmerick of each an ounce of Saffron well Dry'd and beaten to powder the weight of 6 pence then pour into all theſe 3 gallons

of the ſtrongeſt Ale you can get cover your pot & let it ſtand all night in the place where you mean to put fire to it in the morning you muſt put to them 3 ounces of very good cloves beaten to powder and before you put your fire to it with 6 ounces of good Harts horne you muſt not ſtir it after you have put in the Harts horne leſt it go down to ye bottom then ſet on the limbeck and make it faſt and ſo receive the water by pints the firſt water is beſt and ſtrongeſt & muſt be received by its Selfe ye laſt is ſmalleſt and may be mended by putting the ſtrongeſt to it when it is uſed this water muſt be given to the patient in a morning who muſt faſt 2 hours after it and not ſleep upon it or it may be given 2 hours after each meale he or ſhe muſt take 2 ſpoonfulls of the ſtrongeſt wth 4 ſpoonfulls of Ale or white wine and when you give ye ſmalleſt you muſt give as much water as drink. This has been aproved & is an excellent cordial.

527. *An Oyle for any deep wound or wounds through the Body or wounds made wth an envenomed Weapon, or Sinews Prickt.*

TAKE white wine or rather ſo much brown baſtard, one quart of oyle of olives 2 quarts, one quart of the oyle of turpentine put all theſe together in a great double glaſs and with them of ye leaves flowers Hieperig on andſeeds of St Johnſwort of each 2 great handfulls gently bruiſed ſet the glaſs in the ſun cloſe ſtopt 8 or 10 days then boyle them in a kettle with ſtraw at the bottom for ye glaſs to ſtand upon and when it hath gently boyled a great while then take off the kettle and coole it by degrees and then take out the glaſs and ſtrain out all the moiſture from the herbs and put it into the glaſs again with 2 of the freſh leaves of St Johnſwort and of the flowers & ſeeds of each two handfulls & then ſet them in the ſun as before 8 or 10 days then boyle and ſtrain them

as before & ſo have you a oyle for all the purpoſes beforementioned & every year let it be again clarified in ye ſun.

528. *The Counteſs of Briſtolls Black Salve.*

TAKE one pound of white lead as much Lietheriegie of gold finely beaten & ſearch'd into a quart of ſallet oyle then take 4 ounces of yellow wax & 3 drams of camphire boyle them together on a good fire till they grow very black and 6 hours after this is an exceeding good ſkining Salve. Probatum Eſt.

529. *An Ointment to cure old Sores, to ſearch Fiſtolas, to eate Dead Fleſh and to dry up Wattery Humors.*

TAKE verdigreeſe 5 drams Honey 14 drams, white wine vinegar 5 drams boyle them on a ſoft fire and ſtir them well together till it come to a red ſubſtance & ſo keep it for uſe. Probatū Eſt.

530. *To make Milke Punch.*

TAKE 5 quarts of Brandy 8 quarts of water and two of new milke, four dozen of lemons, three nutmegs, a pound and half of double refin'd ſugar, pare one dozen of the lemons very thin leaving none of the white, infuſe the parings in ſome of the brandy about three hours with the nutmegs grated, diſſolve the ſugar in water before you putt it to the brandy, ſqueeze in the lemons and let all the ingredients be mixt together, then put them all into a bag of thick flannel & let it run without ſtirring, let about a quart run out, then put it into the bag againe, ſo repeat it till it is fine.

531. *For the Farcy in a Horſe.*

TAKE three ounces of Sal Tartar, one ounce of lapis Calaminary, one ounce of Putty pulveriz'd; boyl two quarts of ſtale piſs, one quart of Ale, one

handfull of Rue till it comes to one quart, then give it the horſe faſting; if you finde the horſe very ſick in taking it, you may the next time abate a ſmall matter of the quantity, by this twice repeated I have cur'd an inveterate Farcy; but let him reſt three or four daies between.

532. *To cure the Greaſe in a Horſe.*

TAKE three quarters of a pound of Rozin, two ounces of Sal Prunella, two ounces of ſtone Brimſtone all in fine powders; boyle three pints of brine & three pints of ſtale Urine till it comes to three pints in the hole, ſtrain it thro a woollen bag, and when tis cold ſtir in the ſaide powders and give it the horſe faſting, and in two hours time give him corne and as much warme water with a little bran in it, as he will drinke, give him exerciſe as ſoon as he has taken the drink, and every time you give him water; Note your liquor must be very cold before you mix your powders with it: give him three Drinks reſting about four daies between, and the whole quantity in each Drink;

The Oyntment if the Horſe be very ſore:

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GLOSSARY

AVENS. Geum Urbanum. Herb Bennet. Flower Yellow. Perennial. Roots ſcented like cloves, ſudorific, tonic, antipodagric ſtomachic. When young the roots give a pleaſant flavour to ale. They are ſaid to be uſeful in diarrhœa.

BENJAMIN. Styrax Benzoin. A gum exuded from a ſpecies of laurel. Stimulant. Is the principal ingredient in Friar's Balsam.

BOLE ARMENIACK. Armenian Bole. Several minerals were formerly uſed in medicine under this name. The Armenian Bole of the preſent day is uſually made by mixing pipe-clay or common chalk with oxide of iron or red ochre.

CARDOMUM. Elettaria Cardamomum. Amomum Repens. Repens. True Cardamom. Seeds, ſtimulant, aſſiſting digeſtion, largely uſed in medicine. Strong, pungent, but aromatic odour when bruiſed.

CARDUS. Cardunus is probably this herb, and there is a great variety. It is evidently one of the Thiſtles, or the Artichoke.

COMMING SEED. Cumin. Cyminum Cumin. Seeds carminative, ſmell diſagreeable, chiefly uſed in veterinary medicine.

CRAB'S EYES, or CRAFISH EYES. Concretions found in the ſtomach of the river Crawfiſh. They are white, and reſemble in appearance miniature muſhrooms. They vary in ſize from a quarter to five-eights of an inch in diameter. Formerly uſed as abſorbents and antacids. Only to be found to-day in Muſeums. Prepared chalk uſed inſtead.

Cubibs. Cubebs. Piper Cubebae. A pepper, contains an oil largely uſed in medicine. Aromatic, pungent, ſtimulant, and purgative.

Dyascordirum. Diaſcordium. An electuary which was formerly in high repute as an antipeſtilential. The Swediſh Pharmacopeia of 1845 had a formula for this, and the principal ingredient was Herb of Water Germander (Teucrium Scordium).

Egremony. This evidently muſt be Agrimony. Agrimonia Eupatoria. Flower yellow. Perennial. Herb uſed in gargles, alſo as tea. Celebrated as a vermifuge.

Enul-Campane. Inula Helenium. After Officinalis Elecampane. Flower Yellow. Perennial. Moiſt paſtures. Root aromatic, ſlightly bitter, tonic, diaphoretic, ſtomachic. A decoction of the root uſed as an application in ſeveral cutaneous diſeaſes, eſpecially thoſe attended with a troubleſome itching.

Fair Water. The Oxford Engliſh Dictionary, edited by Dr. J. A. H. Murray, defines fair water as "clean, pure."

Ffilipendula. Spiraea Filipendula. Flower white, tipped with pink. July. Perennial. Herb aſtringent, and diuretic. Roots dried and powdered uſed for bread in famine. Tonic.

Flowers of Tussica. Can this be Coltsfoot? ?Tuſſilago Farfara. Uſed ſtill as an expectorant in coughs.

Fumetory. Fumitory-Corydalis. Capnoides. Flower yellow. Very opening, refreſhing, uſed in cutaneous diſeaſes.

Gallbanum, plaizſters of. A plaiſter made of Gum Galbanum, Lead Plaiſter, Turpentine, and Frankincenſe, nearly but not quite obſolete. Still uſed in ſome country diſtricts. The formula was publiſhed in the London Pharmacopeia of 1851.

Gwacombewood. Guaiacum Officinale. Lignum vitae tree. Wood reſinous, hot, aromatic, diaphoretic, diuretic. Has been uſed in dropſy and gout. Is ſtill uſed in the Compound Decoction of Sarſaparilla.

Isope Water. Hyſſop Water.

Lapis Calaminary. Lapis Calaminaris. Calamine. A native impure carbonate of zinc. Largely uſed in lotions for all ſkin diſeaſes. Nearly all the old cooling lotions for the face contained this ingredient, generally with roſe water and glycerine.

Liethériegie of Gold. A name for Protoxide of Lead. Litharze, the basis of lead plaiſter.

Mellilot. Melilotus Officinalis. Yellow Melilot. Herb pectoral, diſcuſſive, cauſes the peculiar flavour of the Schabziger or ſcraped cheeſe of Germany. Decoction emolient. Still uſed in country places in plaiſters, but dying out.

Methridate. Mithridate or Damocrates Confection. An example of Poly-Pharmacy, it contained between 40 and 50 ingredients, and was ſuppoſed to contain the antidote to every known poiſon. The formula was included in the London Pharmacopeia of 1746.

Mirobalence. Myrobalanus belerica. Fruit dried and uſed as an aſtringent. Uſed in India, but not much in this country, except as a ſubſtitute for Galls in ink manufacture.

Muskadine. Muſcardine. A fungus which grows on ſilk worms, or Muſcadine, which was a rich ſpiced wine.

Oyle of Benn. Oil of Ben. An oil obtained from the ſeeds of Moringa Aptera (Egypt and Eaſt India), uſed in perfumery and by watchmakers, as it does not readily freeze.

Purslawe Water. Probably Purſlane. Portulaca Oleracea. Uſed as a potherb, cooling, uſeful in ſcurvy, and bilious diſorders.

Red Sanders. Red Sandal Wood. Pterocarpus Santalinus. Reſinous, odoriferous, auſtere, aſtringent, tonic, uſed as a red colouring ingredient in ſpirituous tinctures.

Sanicle. Sanicula Europaea. Wood Sanicle. Flowers white. May—June Perennial. Leaves vulnerary, cleanſing.

Scordiumwood. Scordium is the Teucrium Scordium, or Water Germander. Flowers pale purple. Perennial. Found in wet meadows, rare.

Seynac. Probably meant for Senna. Leaves a very well-known purgative.

Sneezing Powder Root. This is either Achillea Ageratum, Sweet Maudlin, or Ptarmica Vulgaris. Achillea Ptarmica Sneezewort.

Spermint. Mentha Viridis. Spearmint. The ordinary garden mint. The oil uſed in medicine.

Spirits Diambra. Spirits of Diambar. The name of a ſtomachic and cordial, which conſiſted of Amber, Muſk, various aromatics, and other ingredients.

Storax. Styrax Officinale. A fragrant reſinous balſam obtained from the tree by inciſion. A cloſe relative of Gum Benzoin, and is with it an ingredient of Friar's Balſam.

Tormentil. Potentilla Tormentilla. Sept-foil. Root very aſtringent, febrifuge, and not ſtimulant. Recommended in ſome caſes of diarrhœa.

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A Newe Herball. . . . Part I. Lond., 1551. Fol. Part II. Collen, 1562. Part III. Collen, 1568. (With the third part was iſſued a reviſed edition of Parts I and II).

Carey (Walter).

A boke of the properties of Herbes, called an herball whereunto is added the time yt herbes . . . ſhould be gathered, etc., etc. B.L. W. Copland for J. Wyght. Lond. (1552 ?). 8vo.

Bulleyne (W.).

The Book of ſimples. . . . Lond., 1562. Fol. (This forms the firſt part of his "Bulwarke of defece").

Maplet (J.).

A Greene Foreſt, or a Naturall Hiſtorie, Wherein may be ſeene . . . the moſt ſufferaigne vertues, etc. Lond., 1567. 8vo.

Monardes (Nicolas).

Joyfull Newes out of the newe founde worlde, wherein is declared the rare and ſinguler vertues of diverſe . . . Herbes, Trees, Oyles, Plantes, . . . with their applications as well for Phiſicke as Chirurgerie. . . . Engliſhed by J. Frampton. Lond., 1577. 4to.

Lyte (H.).

A niewe Herball. . . . Lond. (Antwerp printed), 1578. Fol.

Other editions in 1586, 1595, 1619.

Langham (W.).

Garden of Health. Lond., 1579. 4to.

2nd edit. 1633. 4to.

Lemnius (Levinus).

An Herbal for the Bible containing a plaine . . . expoſition of ſuch Similitudes, . . . as are . . . taken from Herbs, plants . . . ſimples. Drawen into Englich by T. Newton. E. Bollifant. Lond., 1587. 8vo.

Gerarde (John).

The Herball or Generall Hiſtorie of Plantes. J. Norton. Lond., 1597. Fol.

2nd edit., enlarged and amended by Thomas Johnſon. 1633 and 1636.

A Boke of the Propertyes of Herbes, the which is called an Herbal. Imp. at London by me, Johan Scot, dwellynge in Fauſter Lane. (No date).

Dodvens (Rimbert).

Rams little Dodeon. A briefe epitome of the new Herball . . . Collected out of the . . . Newe Herball . . . firſt ſet forth in the Dutch . . . tranſlated by H. Lyte . . . now collected and abridged by W. Ram. S. Stafford. Lond., 1606. 4to.

Parkinson (John).

Paradiſi in Sole, Paradiſus terreſtris. Or a Garden of . . . flowers; . . . with a Kitchen garden and an Orchard . . . and their uſes and vertues, etc. H. Lownes & R. Young. Lond., 1629. Fol.

Culpeper (Nicholas).

The Engliſh Phyſician, or an aſtrologo-phyſical diſcourſe on the vulgar herbs of the nation. . . . Lond., 1652. 12mo.

Other editions, 1653, 1661, 1695, 1714, 1725, 1733, 1784, 1792, etc.

Sowerby (Leonard).

The Ladies Diſpenſatory; containing the natures, vertues, and qualities of all herbs and ſimples uſeful in phyſick, reduced into a methodicall order, etc. Lond., 1652. 8vo.

Coles (William).

Art of ſimpling: an introduction to the knowledge and gathering of Plants. . . . Lond., 1656. 12mo.

Renodaens (J. de).

A medicinal Diſpenſatory . . . diſcovering the Natures, Properties, and Vertues of Vegetables, Minerals, and Animals. Lond., 1657. 8vo.

Tranſlated by R. Tomlinſon.

Coles (William).

Adam in Eden, or Natures paradiſe. The hiſtory of plants, fruits, herbs, and flowers . . . together with obſervations on the ſeaſons of planting, and gathering of our Engliſh ſimples, etc. Lond., 1657. Fol.

Lovell (Robt.).

Enchiridion Botanicum, or a Complete Herbal. Oxford, 1659. 8vo. 2 vols.

The Nature of the drinke Kauhi or Coffee, and the berry of which it is made, deſcribed by an Arabian phiſitian. Oxford, 1659. 8vo.

D. (N).

The Vertues of Coffee. Set forth in the works of the Lord Bacon, his Natural Hiſt. Mr. Parkinſon his Herbal, etc. Lond., 1663. 4to.

Turner (Robert).

Botanologia, the Britiſh phyſician; or the nature and vertues of Engliſh plants, etc. Lond., 1664. 8vo.

2nd edit. 1687.

Lovell (Robert).

Pambotanologia . . . Or, A Compleat Herball.

2nd edit., with many additions. Oxford. Printed by W. H. for Ric. Davis, 1665. 8vo.

Blagrave (Joſeph).

Supplement or enlargement of Nich. Culpeper's Engliſh Phyſician, etc. Lond., 1666. 8vo.

2nd edit. 1674.

Hughes (William).

The American phyſician, or a treatiſe of the roots, plants, trees, ſhrubs, etc., growing in the Engliſh plantations in America. . . . Lond., 1672. 12mo.

Archer (J.).

A Compendious Herbal. Lond., 1673. 8vo.

(Forming Part II of "Every Man his own Doctor").

Peachie (J.).
Some obſervations made upon the Root Caſſummuniar, called otherwiſe Ryſagone. Lond., 1679. 4to.
2nd edit. 1693.

Dale (S.).
Pharmacologia. Lond., 1693. 12vo. 12mo.
Supplement. 1705.
3rd edit. (greatly enlarged and improved). 1737. 4to.

Westmacott (William).
Theobotanologia. A Scripture Herbal. Lond., 1694. 12mo.

Pechey (J.).
The Compleat Herbal of phyſical plants. Lond., 1694. 8vo.

Mullins (James).
Some obſervations made upon the Cylonian Plant. Shewing its . . . vertues againſt Deafneſs, etc. Lond., 1695. 4to.

Petiver (J.).
Hortus ſiccus pharmaceuticus. Lond. (1700?). Fol.

Tournefort (Joſeph Pitton de).
Materia Medica, or a deſcription of ſimple medicines generally uſed in phyſick. Lond., 1708. 8vo.
3rd edit. 1716.

Pomet (Pierre).
Hiſtory of Drugs. Lond., 1712. 4to.

Petiver (James). F.R.S.
A Catalogue of Mr. Ray's Engliſh Herbal. Illuſtrated with figures, 1713. Fol.; and continued in 1715.

Martyn (J.).
The Compleat Herbal of Tournefort, with large additions from Ray, Gerrard, etc. Tranſlated by J. Martyn. Lond., 1716-1730. 4to.

Bradeley (Richard).
The Virtue and uſe of Coffee with regard to the Plague, and other enfectious Diſtempers, etc. Lond., 1721. 8vo.

Miller (Joſeph).
Botanicum officinale; or a compendious Herbal. Lond., 1722. 8vo.

Blair (P.).
Pharmaco-botanologia. Lond., 1723-1728. 4to.

Knowles (G.).
Materia Medica botanica. Lond., 1723. 4to.

Thomson (G.).
Short method of diſcovering the virtues of plants. Lond., 1734. 8vo.

Blackwell (Elizabeth) Mrs.
A Curious herbal, containing 500 cuts of the moſt uſeful plants, which are now uſed in the practice of phyſick, etc. Lond., 1737-1739. Fol. 2 vols.
Another edit. edited by C. J. Trew, 1750-1773, entitled "Herbarium Blackwellianum."

Short (Thomas).
Medicina britannica, or a treatiſe on ſuch phyſical plants as are generally to be found in the fields or gardens of Great Britain. Lond., 1747. 8vo.

Hill (John).
Hiſtory of the Materia Medica. Lond., 1751. 4to.

Newton (James).
A Compleat Herbal. Lond., 1752. 8vo.
2nd edit. 1798; with portrait of author.

Hill (John).
Uſeful Family Herbal. Lond., 1755. 8vo.

Curtis (W.).
Aſſiſtant plates to the Materia Medica. Lond., 1756. 8vo.

Sheldrake (T.).
Botanicum Medicinale; an Herbal of medicinal Plants on the College of Phyſician's Liſt. Lond. (1759). Fol.

Hill (John).
Centaury, the great ſtomachic. Lond., 1765. 8vo.

Hill (John).
Virtues of Britiſh Herbs, with the hiſtory, deſcription, and figures, etc. 4th edit. Lond., 1771. 8vo.

Lettsom (John Coakley).
The Natural hiſtory of the Tea-tree, with obſervations on the medical qualities of Tea, and effects of Tea drinking. Lond., 1772. 4to.
2nd edit. 1799.

Wilmer (B.).
Obſervations on the Poiſonous vegetables which are either Indigenous in Great Britain or cultivated for ornament. Lond., 1781. 8vo.

Curtis (William).
A Catalogue of the Britiſh Medicinal, culinary, and agricultural plants, cultivated in the London Botanical Garden. Lond., 1783. 8vo.

Parmentier (A. A.).
Obſervations on ſuch nutritive vegetables as may be ſubſtituted in the place of ordinary foods in times of ſcarcity. Lond., 1783. 8vo.

Burrows (J.). M.D.
A diſſertation on the Nature and Effects of a Vegetable Remedy. 4th ed. Lond., 1784.

Moseley (Benjamin).
A treatiſe concerning the properties and effect of Coffee. Lond., 1785. 8vo.
2nd ed. 1785. 3rd ed. 1785. 5th ed. 1792.

Fontana (Felix).
Treatiſe on the Venom of the Viper; on the American poiſons; and on the Cherry Laurel, and ſome other vegetable poiſons. Tranſlated by Joſeph Skinner. 2 vols. Lond., 1787. 8vo.

Meyrick (W.).
New Family Herbal. Birmingham, 1789. 8vo.
Another ed. 1790.
The uſeful Family Herbal; or an account of all thoſe Engliſh plants which are remarkable for their virtues, and of the Drugs which are produced by vegetables of other countries. Lond., 1790. 8vo.

Baylis (E.).
A New and Compleat body of practical botanic phyſic from the medicinal plants of the Vegetable kingdom, ſelected from ſome of the beſt authors. Lond., 1791. 4to.

ROXBURGH (William).

A botanical deſcription of a new ſpecies of Swietenia, with experiments and obſervations on the bark thereof. (Lond. 1793.) 4to.

BARHAM (Henry).

Hortus Americanus: containing an account of the trees, ſhrubs, and other vegetable productions of South America . . . their uſes in medicine, etc. Kingſton, Jamaica, 1794. 8vo.

LAMBERT (Aylmer Bourke).

A deſcription of the genus Cinchona, comprehending the various ſpecies of Vegetables from which the Peruvian and other barks of a ſimilar quality are taken. Lond., 1797. 4to.

A New Medicinal, Economical, and Domeſtic Herbal. Lond., 1809. 8vo.

STOKES (J.).

Botanical Materia Medica. 4 vols. Lond., 1812. 8vo.

BOOKS OF COOKERY

APICIUS (Caelius).

De Arte Coquinaria Mediol. 1498. 8vo. Reprinted Venet, 1503. 8vo. Baſil, 1541. 4vo.

PYNSON (Richard).

This is the Boke of Cokery. Lond., 1500. 4vo.

A proper new Booke of Cookerie, Declaring what manner of meates be beſt in ſeaſon for al times of the yeere and how thei ought to be dreſſed. With a new addition, very neceſſary for all them that delight in Cookery.[1] Lond., 1575. 8vo.

Another edit. 1576.

CERVIO (Vincenzo).

Il Trinciante di M. V. C. ampliato et ridotto a perfettione dal Cavallier R. Tuſoritto da Narni. Venetia, 1581. 4vo.

Other edits. 1593, 1604, 1622, 1643.

[1] W. How for A. Veale.

Dawson (Thomas) printer.

The Good Huſwifes Jewel and rare conceits in Cookery. Lond., 1585.

Other edits. 1596, 1597, 1610.

Partridge (John).

Treaſury of Commodious Conceits and Hidden Secrets, Commonly called The Good Huſwives Cloſet of proviſion for the health of her houſehold. Now the fourth time corrected and inlarged, etc. B.L. Richarde Jhones. Lond., 1584. 8vo.

Another edit. 1586.

The Good Huſwives Handmayde; contayning many principall pointes of Cookerie, etc. Lond., 1588. 8vo.

Allde or Aldee (Edward).

The Good Huſewives Treaſurie, being a verie neceſſarie booke, inſtructing to the dreſſing of meates. Lond., 1588. 8vo.

Allde (Edward).

A book of Cookerie gathered by A. W., and now newlie enlarged with the ſerving in of the table. With the proper Snaces to each of them convenient. Lond., 1591. 8vo.

Butte (Henry).

Dyets Dry Dinner. Lond., 1599. 12mo.

A Cloſet for ladies and Gentlewomen, or the art of preſerving, conſerving, and candying, with the manner of howe to make divers kinds of ſyrups and all kind of banquetting ſtuffes. Lond., 1608. 12vo.

Other editions. 1632, 1636, 1647, 1651, 1654, 1656.

Markham (Gervaſe),

Country Contentments, in two bookes: the firſt containing the whole art of riding great Horſes in very ſhort time . . . etc. The ſecond intituled The Engliſh Huſwife, containing the inward and outward vertues which ought to be in a compleate Woman, etc. 2nd pt. Lond., 1615. 4to.

Murrell (John).

A delightful daily exerciſe for Ladies and Gentlemen, whereby is ſet forth the ſecrete miſteries of the preſent

preſervings in Glaſſes and other confrictionaries as making the Breads, Paſtes, Preſerves. . . . Whereto is added a Booke of Cookery. 2nd pt. Printed for T. Devve. Lond., 1621. 12mo.

MURRELL (John).

Cookerie and Manner of Making Kickſhawes, etc. 1630.

Murrell's two books of Cookerie and Carving. The fifth time printed with new editions. B.L. 3rd pt. (With a ſecond title page reading: A New Booke of Cookerie, Wherein is ſet forth a moſt perfect direction to furniſh an extraordinary or ordinary feaſt, either in Summer or Winter, etc. Printed by M. F. for J. Marriot. Lond., 1638. 12mo.

Another edit., 5th. 1641.

SCAPPI (B.)

M. B. Scappi dell' Arte del Cucinare, etc. 1643.

GENTLEWOMAN.

The Gentlewoman's Cabinet unlocked; wherein is contained many excellent receipts for neat dreſſing of divers ſorts of meats. . . . Alſo directions for the beſt way of making Pancakes, etc. B.L. Lond., 1650.

8th impreſſion. B.L. 1673. 12mo.

7th „ With new editions. B.L. 1675.

The Schoolmaſter, or Teacher of Table Philoſophy. 1652.

GREY (Elizabeth), Counteſs of Kent.

A Choice Manuall, or rare and ſelect ſecrets in Phyſick and Chyrwgery. Collected by the Counteſs of Kent. . . . As alſo moſt exquiſite waies of preſerving, conſerving, candying, etc. (Part 2 has a diſtinct title-page as follows: A true Gentlewoman's De-light: wherein is contained all manner of Cookery, etc. Lond., 1653. 8vo.

Many editions of this work.

Nature unembowelled, or 1,720 Receipts.

MOUFET (Thomas).

Health's improvement, or, rules comprizing and diſcovering the nature, method, and manner of preparing all ſorts of food uſed in this nation. . . . Corrected and enlarged by C. Bennet. Lond., 1655. 4to.

Another edition, to which is prefixed a ſhort view of the author's life. . . . by Mr. Oldys, and an introduction by R. James. Lond., 1745.

M. (W.).

The Queen's Cloſet opened: incomparable ſecret in Phyſick, Chirurgery, Preſerving, Candying, and Cookery, as they were preſented to the Queen . . . etc. Lond., 1655.

Other editions, 1662, 1668, 1671, 1674, 1679, 1710.

The editions vary in title-pages, as: A Queen's Delight, or the Art of Preſerving, etc.; The Compleat Cook, etc.

May (Robert).

The Accompliſht Cook, or the Art and Myſtery of Cookery, etc. (With life of the author by W. W.) Lond., 1660. 8vo.

Cook.

The Compleat Cook, etc. Pp. 123. J. Winter for N. Brooke. Lond., 1668. 12mo.

Another edit., 1671.

Digby (Sir K.).

Choice and experimented receipts in Phyſick and Chirurgery, as alſo cordial and diſtilled waters, and ſpirits, perfumes, and other curioſities. Tranſlated . . . by G. H(artman). Lond., 1668. 8vo.

2nd edit., 1675.

Rabisha (William).

The whole Body of Cookery diſſected, taught and fully manifeſted. . . According to the beſt traditions of the Engliſh, French, Italian, Dutch, etc. or a ſympathy of all the varieties in natural compounds in that myſtery . . . Second edit., whereunto is annexed a ſecond part of rare receipt of Cookery, and with a book of preſerving, etc. Lond., 1675. 8vo.

The Queen Like Cloſet, or Rich Cabinet. 1675.

Digby (Sir Kenelm).

The Cloſet of . . . Sir Kenelm Digbie, Kt. opened: whereby is diſcovered ſeveral ways for making of Metheglin, Sider, Cherry-wine, etc. Together with . . . directions for Cookery, etc. Pp. 312. Lond., 1677. 8vo.

3rd edit., corrected (printed) by E. C. for H. Brome. 1669.

The Ladies Cabinet enlarged concerning preſerving, Phyſic, and of Cookery. Lond., 1682. 8vo.

Rose (Giles).

A perfect ſchool of Inſtructions for the Officers of the Mouth. Shewing the whole art of a Maſter of the Houſehold, a Maſter Carver, a Maſter Butler . . . A Maſter Cook . . . with pictures . . . diſplaying the whole arts. Lond., 1682. 12mo.

Tryon, T.

A treatiſe of Cleanneſs in Meats, and Drinks, of the preparation of food . . . and the benefit of clean ſweet beds . . . Alſo of the generation of bugs, and their cure. To which is added A Short diſcourſe of the pain in the teeth, etc. Lond., 1682. 4to.

Hartman (George).

The true preſerver and reſtorer of health; being a choice collection . of . . . remedies for all diſtempers . . . together with . . . directions for Cookery, etc. 2nd pt. Lond., 1682. 8vo.

2nd edit., with additions, 3rd pt. Lond., 1684-82. 12mo. (Pt. 2 has a ſeparate title page, "Excellent Directions for Cookery.")

The Young Cook's monitor, by M. H. Lond., 1683.

Another edition. 1690.

Hannah Wooley's Rare Receipts. 1684.

The Accompliſht Ladies Delight. 1686.

The Kitchen Phyſician. 1688.

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Salmon (William), M.D.

The Family-Dictionary; or Houſehold Companion: Containing in an alphabetical method: I. Directions for Cookery. II. Making all ſorts of paſtry-ware. . . III. Making of conſerves. . . IV. The making all kinds of potable liquors. V. The making of all ſorts of rare perfumes . . . etc. Lond., 1696. 8vo.

4th edit. 1710.

Lémery (Louis).

Traité des aliments, ou l'on trouve par ordre, etc., etc. Paris, 1702. 12mo.

2nd edit. 1705.

Cuisinier.

Le Cuiſinier familier, tant pour les grandes maiſons & Familles Bourgeoiſes que pour les gens de la Campagne. Bruxelles, 1705. 12mo.

Horatius Flaceus (Quintus).

The Art of Cookery: in imitation of Horace's Art of Poetry, with ſome letters to Dr. Liſter and others, etc., etc. Lond., (1709). 8vo.

Lamb (Patrick), Chef to her Majeſty.

Royal Cookery, or the Complete Court Cook, containing the choiceſt receipt in all the particular branches of cookery now in uſe in the Queen's Palaces. . . To which are added bills of fare, etc. Lond., 1710.

2nd edit. 1716.

3rd edit. 1726.

Howard (Henry), Cook.

England's Neweſt way in all ſorts of Cookery, Paſtry, and all pickles fit to be uſed; with copperplates. Lond., 1710. 8vo.

Another edition. 1726.

The Whole Duty of a Woman: or guide to the female ſex: alſo choice receipts in Phyſick and Chyrurgery: with the whole art of Cookery. 5th edit. 1712.

Other editions publiſhed 1701, 1707, 1739, 1792, 1793.

Hall (T.), Cook.

The Queens Royal Cookery: or expert and ready way for the dreſſing of all ſorts of fleſh. . . With the Art of preſerving and candying of fruit and flowers. Lond., 1713.

3rd edit. 1719.

5th edit. (1730.)

A Collection of above three hundred Receipts in Cookery, Phyſick, and Surgery, etc. Lond., 1714. 8vo.
2nd edit. 1719.
5th edit. 1734.

EALES (Mary).
Mrs. M. E's receipts (for confectionery, etc). Lond., 1718. 8vo.
The Accompliſh'd Ladys Delight in preſerving, phyſick, beautifying, Cookery, and gardening. . . 10th edit., enlarged. D. Pratt, Lond., 1719.

NOTT (John), Cook.
The Cook's and Confectioner's Dictionary: or the Accompliſh'd Houſewifes Companion . . . (compiled) reviſed, and recommended . . . by J. N. Lond., 1723. 8vo.

SMITH (Robert).
Court Cookery: or the compleat Engliſh Cook, containing the . . . neweſt receipt, etc. 2nd pt. Lond., 1723. 8vo.

S— (E.).
The Compleat Houſewife: or Accompliſhed Gentlewoman's Companion: being a collection of upwards of Five hundred of the moſt approved Receipts in Cookery . . . to which is added a collection of above Two hundred Family receipts of medicines. By E. S—. (*i.e.*, E. Smith). 3rd edit., improved. Lond., 1729.
Other editions, 1734, 1741, 1742.

CARTER (Charles), Cook.
The Complete Practical Cook; or a new ſyſtem of the whole art and myſtery of Cookery . . . Adorned with ſixty curious copper plates, etc. Lond., 1730.

CARTER (Charles).
The Complete City and Country Cook; or accompliſh'd Houſewife. . . . Illuſtrated with forty-nine large copper plates. Lond., 1732. 8vo.

LA CHAPELLE (Vincent).
The Modern Cook (with plates). 2 vols. 1733.
" " 3 vols., 2nd edit. 1736.
" " 3rd edit. 1744.

Middleton (John), Cook.

Five hundred new receipts in Cookery; reviſed by Henry Howard. Lond., 1734. 8vo.

The Young Lady's Companion in Cookery, and Paſtry, preſerving, pickling, candying, etc. Lond., 1734.

Bailey (Nathan).

Dictionarum domeſticum, being a compleat Houſehold Dictionary, for the uſe of both city and Country. Lond., 1736. 8vo.

Harrison (Sarah).

The Houſekeeper's Pocket Book, and compleat family cook; containing above ſeven hundred curious . . . receipts . . . etc. etc. 2nd edit. Lond., 1739. 12mo.

7th edit. 1760.

8th edit. 1764.

9th edit. 1777.

Kidder (Edward).

E. Kidder's Receipts of Paſtry and Cookery for the uſe of his ſcholars, etc. (with plates). Lond., (1740).

Another edit. (1741).

Atkyns (Arabella), pſeud.

The Family Magazine, in two parts. Part 1 containing uſeful directions in all the branches of houſekeeping and Cookery . . . Lond., 1741. 8vo.

Adam.

Adam's Luxury and Eve's Cookery, or the Kitchin Garden diſplay'd, etc. Lond., 1744. 12mo.

Lady.

The art of Cookery made plain and Eaſy, etc. By a Lady (Hannah Glaſſe). 1747.

4th edit. 1751.

5th edit. 1755.

7th edit. 1760.

9th edit. 1765.

New edit. 1770.

" 1774.

" 1784.

(There are ſlight variations in the titles of the different editions.)

Moxon (Elizabeth).

Engliſh Houſewifery. Exemplified in above four hundred and fifty receipts . . . with cuts, etc. Leeds, 1749. 12mo.

Fisher (Mrs.) of Richmond.

The Prudent Houſewife; or Complete Engliſh Cook, for town and country. Being the neweſt collection of . . . receipts, etc. Lond., (1750?). 12mo.

Another edit. 1788.

Jackson (Sarah).

The Director; or Young Woman's beſt companion, containing above three hundred receipts in Cookery, paſtry, preſerving . . . phyſick and Surgery. . . The whole makes a complete family cook and phyſician. Lond., 1754. 12mo.

Moxon (Eliz.)

Engliſh Houſewifery Improved; or a ſupplement to Moxon's Cookery, contains upwards of ſixty modern . . . receipts. Collected by a Perſon of Judgment. Leeds, 1758.

Third edit. (1775).

Coachman.

A treatiſe on the uſe and abuſe of the commonly called the Stewards Table in families of the firſt rank, etc. Lond., (1758). 8vo.

Verral (William).

A Compleat Syſtem of Cookery. In which is ſet forth a variety of genuine receipts collected . . . under . . . M. de St. Clouet . . . Lond., 1759. 8vo.

Cleland (Elizabeth).

A New and Eaſy Method of Cookery. 2nd edit. Lond., 1759. 8vo.

The Art of modern Cookery diſplayed; conſiſting of the moſt approved Methods of Cookery, Paſtry, and Confectionery of the preſent time, etc. By the Tranſlator, a Foreigner, who has been ſeveral years Clerk of the Kitchin in Noble Families in this Kingdom. Lond., Davis, 1767. 8vo.

Shackleford (Mrs. Anne), of Wincheſter.

The Modern Art of Cookery improved; or elegant, cheap and eaſy methods of preparing moſt of the Diſhes now in vogue; in the compoſition whereof both health and pleaſure hath been conſulted. Lond., 1767. 12mo.

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